

Lectio Divina Prayer Guide

1. **Open in Prayer** "God, let me hear from you," and spend a few moments sitting quietly so my mind is open to hearing from God.
2. **Lectio (Best read out loud)** My first reading is an opportunity to get to know the Scripture passage. I listen carefully to any words or phrases that seem to jump out. It's important not to force things but wait patiently for God to give gentle guidance.
3. **Meditatio (Reflect)** The second reading of the same passage focuses further on the points I become aware of during the first reading. Try focusing on a word or phrase from the passage. One way to do this is by repeating the word or phrase out loud or in your head a few times. Then I'll reflect on what I believe God is saying.
4. **Oratio (Respond)** After a third reading, it's time to respond. Allow the meditation to lead you to a conversation with God. Why did that word or phrase resonate with you? What is God calling you to think about? Don't overthink it - remember that prayer is simply conversation with God about the matters on your heart!
5. **Contemplatio (Rest)** Spend time in silent contemplation. This isn't a time of prayer or meditation — I just sit quietly and allow God to work. When my mind starts to wander and dart here and there, I bring it gently back to stillness again.

Suggested Passages

John 12:23-28

Luke 23:36-43

John 13:12-20

Isaiah 53:1-12

Matthew 26:36-46