

LECTIO DIVINA

SACRED READING

Adapted from Blessed Sacrament Parish by Jessica Louwerse for Reclaim

EPHESIANS 1:17-18

I pray that the Father of glory, the God of our Lord Jesus Christ, would impart to you the riches of the Spirit of wisdom and the Spirit of revelation to know him through your deepening intimacy with him. I pray that the light of God will illuminate the eyes of your imagination, flooding you with light, until you experience the full revelation of the hope of his calling—that is, the wealth of God’s glorious inheritances that he finds in us, his holy ones! (TPT)

THE PRACTICE

- Begin with a brief prayer asking for God’s guidance, an open mind and heart to hear God’s voice, and for the illumination of the text to receive God’s wisdom and insight. Select a short passage from scripture.
- **Prepare (Silencio):**
Take a few moments to quiet yourself, get in a comfortable position, and become aware of God’s presence. You might say a simple prayer, inviting the Holy Spirit into this time. (Try a few deep breaths with the prayer “Come, Holy Spirit, Come.”) You might take a quick inventory of your body, mind, and heart, asking God to quiet each of them in turn.
- **Read (Lectio):**
Read the passage slowly, out loud if possible. In this reading, you want to familiarize yourself with the basic meaning of the passage, what it says to everyone. Avoid analyzing and simply savor the words, letting them sink in. Listen for a nudge: What words or images is the Spirit drawing you toward today? Is there a character you identify with? A moment in the story that captures your attention?
- **Mediate (Meditatio):**
Re-read the passage, lingering over the person/word/phrase that captured your attention. Let your imagination engage the story/text. What do the characters experience/feel/think? Or consider the phrase or image you noticed: Reflect on how it might intersect with your life today. What (or who) does it bring to your mind? Notice the feelings this passage evokes in you—is there attraction, or resistance of some kind? Invite the Spirit to reveal how this passage might be speaking to your life today. (You might find it helpful to journal some of these reflections before continuing.)

Continued...

- **Pray (Oratio):**

Read through the passage another time, allowing the Scripture to lead you into a prayer/response to God. Talk to God about what has come to mind, and ask how might God be inviting you to respond. Are you feeling led toward a prayer of praise? repentance? a plea for help or healing? (Again, it might be helpful to focus your prayer by journaling.)

- **Contemplate (Contemplatio):**

Rest in the awareness of God's presence, remaining open to anything else the Spirit might stir in your heart. If your mind wanders, gently redirect your thoughts toward God. Simply be still. Expect nothing. Enjoy a moment of fellowship with God that goes deeper than words. Relax in this moment to be with God, and know you are loved.

OTHER LENSES:

- **The 4 R's** of Lectio Divina: Read, Reflect, Respond, & Rest
- **Reading:** What does the text say? **Meditation:** What is God saying to me through the text? **Prayer:** What do you want to say to God about the text? **Action:** What do you want to do based on your prayer?

REFLECT

- What are your initial reactions to the practice or the experience of the practice?
- What thoughts or emotions came up during the practice?
- Were there any moments that stood out to you?
- Did you encounter any challenges or discomfort during the practice?
- Spend some time revisiting your thoughts from your meditation and prayer. Is God inviting you to take action on what arose from this practice?

PRACTICE

- Remember that people have different reactions to this exercise. There is no right or wrong response, only a true one.
- You are invited meditate on scripture as a part of your regular practices, paying attention to your experience of God and remaining open to hearing the voice of God through the practice.
- This practice may lead you into a deeper, richer relationship with God as scripture becomes a meeting place for you to encounter God.

