

Lectio Divina

Divine Reading

1

Read

Choose scripture. Read or listen to the Scripture, slowly and purposefully. Listen for the word or phrase that is addressed to you, that strikes you or catches your attention.

2

Reflect

Read passage again. Listen for the way in which the word, or phrase connects with your life right now. "What is it in my life right now that needs to hear this word?"

3

Respond

Read passage again. Ask "What is my response to God based on what I have read and encountered?" Enter into a dialogue with God sharing your feelings that stirred within you.