

# LECTIO DIVINA



## The Ignatian Way

1. Read the text.
  - a. Just read the text, and learn it. The goal here is to learn the text. Make note of people who are present what they say, the order of events. Read it several times and be ready to tell the story.
2. Proclaim the story.
  - a. Shut your Bible. Tell yourself the story. Make sure to describe who is there what they are doing, and what they are saying.
3. Watch the story.
  - a. Simply let the story unfold in front of your imagination, similar to watching a movie. Try not to control it. Let it play.
4. Lose yourself in the story.
  - a. Allow yourself to disappear into the story. Make note of where in the story you appear or who you are. Perhaps you become one of the figures, or a bystander, or a bird flying over head. Use your "Spiritual senses" what do you see, hear, feel, taste, and smell. What are people around you doing? What time of day is it? What's happening. Lose yourself completely into the story.
5. Pray
  - a. Speak to God about what happened thank Him for the prayer, then write down everything that you remember happening.

## The Benedictine Way

1. Lectio (reading)
  - a. Just read the text, pick a relatively short text, I would recommend picking one of the readings for Mass that day. Read it two or three times, enough to make sure that you are very familiar with that particular text.
2. Meditatio (Meditation)
  - a. Read the text again. What is it that this text is speaking to me? What in my heart or my mind is being stirred and receiving new life? Name a word or a phrase that jumps off the page at you. Write it down.
3. Oratio (Pray)
  - a. Read the text again. Why does this word or phrase stand out to you? Is there a connection to your life? Is there guilt? Is there fear or worry? Is there desire or hope? Is there joy or anticipation? What caused that word to stand out to you. Write it down.
4. Contemplatio (Rest)
  - a. Now, put your Bible away. Just speak to God. Ask Him what He wants you to do. Ask Him what He is trying to get you to do with what He placed in you with this prayer. Speak with God and rest with Him. Take time to write down everything from this prayer time.

