**Lectio Divina**

**Steps from Contemplative Outreach Ltd.**

*Lectio Divina* is a way of cultivating friendship with Christ by listening to the texts of scripture as if we were in the conversation with Christ and he was suggesting the topics of conversation.

**Step 1:** **Read** the passage.

What word, phrase, or sentence stands out to you?

**Step 2:** Read the passage again and **reflect** on the word of God.

What touches you? What thought or reflection is meaningful to you?

Allow a minute or two of silence.

**Step 3:** Read the passage again and **respond** spontaneously.

Be aware of any prayer that rises up within that expresses the experience. Allow a minute or two of silence.

**Step 4:** Read the passage a final time and rest in the Word, reflect or pray and allow God to speak to the silence. Allow three or four minutes of silence.

**Prayer before you begin:**

[make the sign of the cross]

God our Father,

no secret is hidden from you,

for every heart is open to you

and every wish is known.

Fill our hearts with the light of your Holy Spirit

and free our thoughts from sin,

that we may perfectly love you and fittingly praise you.

Grant this through Christ our Lord.

Amen.

**Suggested Passages:**

Matthew 4:17-23 Jesus calls and heals through the power of his Word

Mark 4:1-20 The Word is like the seed.

Luke 4:14-21 Jesus proclaims the Word in Nazareth.

John 1:10-14 Jesus is the Word of God and the light of the world.