**The Four Steps of *Lectio Divina***

“The repetitive character of *lectio divina* means that we pass through the same territory several times during life. Each time we will find ourselves aware of different aspects of what we are reading. As our perspective changes with experience, we will become more perceptive of the deeper meanings of the text that were previously hidden from us. This means that there is always more richness waiting to be uncovered in the Bible.”

**Michael Casey, *Sacred Reading: The Ancient Art of Lectio Divina***

**Step one: *Lectio* 🡪 Read**

**(We engage our minds, our intellect, as we attempt to understand the text.)**

Get comfortable.

Quiet your body and your thoughts.

Light a candle, saying these or similar words:

“We make our beginning in the name of Christ, in the light of the Living Word.

With this candle we acknowledge Emmanuel, the presence of Christ with us.”

Have someone read the text slowly out loud twice through, pausing briefly between readings.

Listen for a word or a phrase that reaches out to you, as if to say, “I am for you today.”

Take time for silence after the reading to focus on the word or phrase lifted up.

Afterward, you may share the word or phrase that was lifted up for you, without any explanation or comment.

**Step two: *Meditatio* 🡪 Reflect (Ruminate)**

**(We engage our memory and experiences as we contextualize the text within our own lives.)**

Have someone else read the passage through slowly, just once this time.

As the text is read, ask yourself: “How is my life touched by this passage?”

Again, take time for silence as you, like Mary, “ponder all these things” in your heart.

Afterward, you may share briefly, in one sentence if possible, how your life is touched by this text.

**Step three: *Oratio* 🡪 Respond (Pray)**

**(We engage our heart, our conscience, as we pray for guidance from God.)**

Have someone else will read the text a third time, slowly.

Now, as the text is read, ask yourself:

“Is there an invitation here? Do I sense in this passage that God is calling me to do or to be something?”

Again, take time for silence as you pray to God, listening for God’s quiet voice in your heart, calling you toward an activity or a new way of being.

Afterward, you may share briefly what the invitation is that you hear.

**Step four: *Contemplatio* 🡪 Rest**

**(Our spirit is engaged in communion with our God.)**

Have someone else read the text again for the last time.

Let go of any particular words, ideas, images, activities or ways of being and simply open yourself up to God’s presence as it is revealed to you in the text.

Again be silent for a time. Remember, there is no task, no activity, nothing to focus on.

Just rest in the presence of our God.