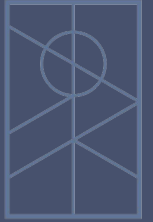


Our spiritual PRACTICE for the season of Ordinary is Lectio Divina. This is a discipline which dates back to the early Church and was a common monastic process...



# CONTEXT

Lectio Divina is an ancient practice of reading and reflecting on the word of God in order to respond to and remain with the Lord. Often it is difficult to hear the voice of God in the busyness of our lives. The practice of Lectio Divina is beautiful in its simplicity. We are not primarily coming to the text to fill our brains. We are not necessarily looking for a word to revolutionize our lives. We are simply coming to enjoy the presence of God, through his word, and to be transformed over time.

Lectio Divina revolves around the reading of Scripture. Slowly, thoughtfully, and with great intentionality, we work through the text multiple times. Each time we ponder a different question and ask the Lord to speak anew through his ancient and infallible word.

Lectio Divina gives us a chance to work on paying attention. Our God has promised to be with us to the end of the age. He has promised to never leave or forsake us. His divine presence is working in and through all things as he holds all things together through the power of his word. He is all around if only we can pay attention. When we pay attention we become aware of what is going on around us, of ourselves and of the Lord, and thus gain the ability to have agency to act in ways that honor the Lord and build for his kingdom.

Lectio Divina can take as little as 15 minutes or as long as you'd like depending on which passages you choose and how much time you would like to spend reflecting between readings.

# Lectio Divina

## 1. READING

Read the text through once. Allow the text to breathe. Read for meaning. What is the basic message of the text?

## 2. MEDITATION

Read the text again, slowly. Look for a word or phrase that catches your attention. Meditate on that word and allow space for God to speak to you about it.

## 3. PRAYER

Pray to God about what you're experiencing within the text. Ask what He would have you take from it.

## 4. CONTEMPLATION

Use this time to sit in silence and let the Scripture soak in further. Is God inviting you into something? How might He be challenging you through this text? What might He want to remind you of today? Journal. Pray.

