

LECTIO DIVINA TEMPLATE

LECTIO "Reading": Lectio is a listening kind of reading that patiently waits in trust for the Word (Jesus) to reveal Himself. Depending on what happens you might read the passage several times or linger on one particular phrase or even one word. *Are there any words or phrases that strike you? What are they?*

Meditatio "Meditation": Here ponder and ruminate what was read. What does this Word mean for my life? *Below is a box in which you can collect your thoughts: a picture, free write, brain storming are all acceptable ways of filling out the Box...*

Oratio "Prayer": This is the prayer of the heart. It's unique, personal, honest and spontaneous, specific to the experience of encountering God in his Word.

Contemplatio "Contemplation" This stage is God's response to us, so it's totally beyond our control. We cannot create contemplation by ourselves. It is a divine gift that the Lord in His goodness gives us. In contemplation, one is totally passive, held by the mystery of God. "Learn to abide with attention in loving waiting upon God in the state of quiet. Contemplation is nothing else but a secret, peaceful and loving infusion of God, which, if admitted, will set the soul on fire with the Spirit of love." (St. John of the Cross)