

## Lectio Divina Session 1

### About *Lectio Divina*

*Lectio Divina* (pronounced lektīō dīvīnə), which means “Divine Reading,” is an ancient practice of contemplative Bible study that allows the Bible to read you rather than you reading the Bible. There are generally four movements or steps in *Lectio Divina*:

1. *Lectio*: A slow, meditative reading of Scripture.
2. *Meditatio*: Thinking or reflecting on the word or phrase. (Why did it stand out? Why did it strike your heart?)
3. *Oratio*: Responding to the word or phrase. Tell God how you feel and what you think.
4. *Contemplatio*: Resting in God in silence—without words, thoughts, or images.

Adapted from M. Basil Pennington, *Lectio Divina: Renewing the Ancient Practice of Praying the Scriptures* (New York: Crossroad, 1998), 132–133.

### Instructions for a Time of *Lectio Divina*

Say a silent prayer, believing that God is going to speak to you.

1. (*Lectio*) Listen to Mark 1:16-20 as it is read aloud three times.
  - During the first reading, listen for context.
  - As you are listening intently during the second and third readings, wait until a word or phrase from the Scripture touches your heart. At that point, stop. You have received the word or phrase from God. Write the word here:
2. (*Meditatio*) Say the word or phrase to yourself and begin to reflect on it.
  - Think about why that word or phrase struck you. Ask yourself, *Why did it strike my heart? How is it pertinent to my life?*
  - Record below—or in a journal, if you have one with you—how the word or phrase is speaking to you:
3. (*Oratio*) Respond to the word or phrase from your heart.
  - Tell God your feelings either by writing (below or in a journal) or talking silently to God.
4. (*Contemplatio*) Rest in God in silence.
  - As your mind begins to wander, use the word or phrase God gave you to center yourself again.

*Reflections on the Experience:*