

## **SPIRITUAL FORMATION (Part 3) – Praying With Lectio Divina**

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Lectio Divina (Latin for “Divine Reading”) is a meditative and contemplative way of interacting with God’s Word that helps us to be more present and attentive to God. The regular practice of ruminating on God’s Word and intimate conversation with God will bring about growth in us as we learn to respond with trust in God in our daily life.

### **PRAYING WITH LECTIO DIVINA (A 5-day Exercise)**

*You may use the Scriptures that you are praying for the day or you may use these passages: Psalm 23, Psalm 139:1-6, Ecclesiastes 3:1-8, Matthew 11:28-30 and Luke 15:3-7.*

**A. Begin each prayer session with silence** by “Praying a Bible Verse or a Phrase” such as, “Be still and know that I am God” or “Speak, Lord, for your servant is listening”, or by the “Awareness of Sound” whereby you leave behind the sounds and dwell in the presence of God. Then dedicate the prayer time to God.

### **B. Praying with Lectio Divina**

#### **1. Lectio (Read)**

- Read the Scripture passage slowly.
- Slow down and pause wherever a word or phrase stands out to you.
- Let the word or phrase speak to you.

#### **2. Meditatio (Reflect/Ruminare)**

- Reflect and meditate on the word or phrase that stands out for you.
- Ponder, wait, and ruminate on the words.
- Be attentive to what speaks to your heart.

#### **3. Oratio (Respond)**

- Speak to God regarding the word or phrase.
- Express your heart’s deepest desires.
- Have a conversation with Him.

#### **4. Contemplatio (Rest)**

- Rest in God.
- Simply be with God’s presence.
- A phrase may arise that assure you of God’s presence and His guidance for you, e.g. Joy in the resurrected Christ, Dwell in God’s love and presence or Love as Jesus loves. Seal it to your heart.
- If you feel drawn back to the Scriptures, follow the leading of the Holy Spirit.
- End with a final prayer.

**C. Journal your experience** at the end of each meditative prayer session.

**D. Rest in the Lord** with the phrase journaled under “Contemplatio” and carry this posture with you throughout the day.

**E. Review your journal** at the end of the 5-day exercise and give thanks to God for where He is leading you in your spiritual journey.



# JOURNAL – Meditative Prayer (Lectio Divina)

**Date :** \_\_\_\_\_

**Place :** \_\_\_\_\_

**Silence :** \_\_\_\_\_

**Review :** \_\_\_\_\_

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**Lectio (Read):** \_\_\_\_\_

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**Meditatio (Reflect / Ruminare) :** \_\_\_\_\_

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**Oratio (Respond) :** \_\_\_\_\_

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**Contemplatio (Rest) :** \_\_\_\_\_

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