

Lectio Divina

Encountering God in the Scripture

Read

Choose your scripture and write it out.

Reflect

Respond



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"This method of prayer goes back to the early monastic tradition. There were not bibles for everyone and not everyone knew how to read, so the monks gathered in chapel to hear a member of the community read from scripture. In this exercise, they were taught and encouraged to listen with their hearts, because it was the Word of God that they were hearing." -

Douglas J. Leonhardt, SJ

Steps to Lectio Divina

1. **READ.** Select a scripture and read the passage slowly-- and out loud if possible. Do this several times so that you become familiar with the passage.
2. **REFLECT.** Read the passage again, this time in your head. Ask the Lord questions such as: What do you want to highlight to me from this scripture? What word or phrase do you want me to ponder?
3. **RESPOND.** Respond to what the Lord is highlighting to you. You can respond in prayer, journaling, worship or however you feel led to respond.



Omaha, NE House of Prayer