



## “*Lectio Divina*: Divine Reading for Personal Transformation”

### Four Simple Steps

**Read:** Read the passage slowly several times, allowing it to penetrate your heart.

**Reflect:** “Chew on” what you’ve read, asking God to speak to you. What stands out? Ponder the Word in your heart.

**Respond:** Bring the Word into contact with your life. Talk to God (not at him) about it. Ask questions. Dialog. Wrestling is OK. Resolve to act on what you hear.

**Rest:** Contemplate; rest in the Father’s loving presence.

### Tips for Praying Scripture with *Lectio Divina*

1. Set aside a regular time. To get close to God, we must spend time with him.
2. Set aside a regular place. Somewhere quiet and free from distractions, maybe before the Blessed Sacrament.
3. Become silent inside. “Power down.” Close your eyes, focus on breathing or a prayer phrase. Repeat the name of Jesus, call on his presence.
4. Pray, “Here I am, Lord.” Place yourself in his presence and listen for his still, small voice.
5. Allow time for what you read to sink in. Repeat, repeat, repeat.
6. Listen deeply. Savor what you hear. Don’t expect to always understand.
7. Allow your heart to respond in prayer. If you have nothing to say – simply thank the Lord for his Word and his presence.
8. Be patient. Persevere. It takes time for seeds to grow.

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Keep a journal for your own *lectio divina* using this simple format:

Date \_\_\_\_\_ Scripture Passage \_\_\_\_\_

**Pray:** *Come Holy Spirit, fill the heart and mind of your servant and inflame me with the fire of your love. Open my heart to hear your voice. “Speak, Lord, for your servant is listening” (1 Samuel 3:9).*

**Read.** What does it say?

**Reflect.** What does it say to me?

**Respond.** What is my response to God?

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