

LECTIO DIVINA

This prayer form goes back to early Christian times and was used by people who couldn't read. Lectio Divina is a listening with the heart, body, and mind as one does naturally and spontaneously while appreciating an aspect of nature (i.e. sunset), and/or when pondering with fondness any touching human experience (i.e. the antics of a child). The mind, body and heart are slowed down so that the words of scripture can fully enter into you. The steps of Lectio Divina are as follows:

- Step 1 Open in prayer, seeking the grace of the Spirit's leading in your mind, body and heart
- Step 2 Read the scripture twice slowly, pausing and drinking in the scripture
- Step 3 Reflect upon the words, thoughts, images and body sensations that arise, staying with them, allowing their fullness to permeate within you
- Step 4 Respond authentically and spontaneously in prayer to God
- Step 5 Journal about the prayer experience by focusing on the feelings, images, thoughts and body sensations that arose

(adapted from Orientations Vol 1, John Veltri sj, Loyola House, Guelph, ON, Canada)