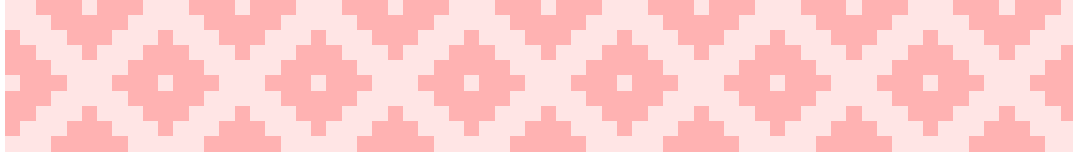


"If your day is hemmed with prayer, it is less likely to ravel." – Anonymous



Lectio Divina

Literally “divine reading,” this ancient form of Christian prayer gradually fell into disuse (except in monastic practice) toward the end of the Middle Ages. The four steps in *Lectio Divina* are as follows:

Lectio

Reading and listening to the Mystery we call God. Traditionally the text was scriptural, but we can also read other kinds of texts – a poem, a passage from a book, the natural world, even a body. Prepare for this sacred reading by taking time to quiet your mind and body (you might do some slow breathing exercises). Read the text slowly, carefully. Look and listen. Listen with the ear of your heart. You might want to speak aloud a word or phrase that has caught your attention.

Oratio

Reflecting on the Mystery. Continue listening with your heart. Go back to the beginning of the text and read anew. This time, however, be listening for a feeling or an emotion that arises as you read the text. You might want to speak aloud this feeling.

Meditatio

Meditating on what the Mystery is sharing with you. Does the text bring up some memories? Does it remind you of something about yourself that you have forgotten? This is an opportunity to discuss or journal about the text, and what you have learned from your encounter with it.

Contemplatio

Entering the silence too deep for words. In this prayer of surrender, rest. Instead of doing, just be.

* Adapted from *Lectio Divina* by Macrina Wiederkehr