

Lectio Divina

Lectio: Read carefully, looking at sequence and detail. Imagine the time of day, sounds, smells, touches. Make the scene real to you.

Meditatio: Read again. Why was this recorded? Why is it significant? What does it mean? How does it change how you see God? How does it change how you see yourself?

Oratio: Read again, focusing on your feelings. Does it make you feel angry, sad, happy, guilty? Talk this through with God, either silently or out loud. Comment on anything in the passage that you respond to.

Contemplatio: Sit quietly, and let your mind go blank. Concentrate on your breathing. Simply take time to listen to your heart. Notice any thoughts that enter your mind, then return to being open. After a time, thank God for the experience of exploring scripture, then go on refreshed.

This summary of lectio divina, the art of the contemplative praying of the scriptures, was developed by Sarah Keilholtz during her internship as vicar at Trinity Church.