

**God has something
He wishes
to say to me
TODAY**

**God has something
to say to me EACH day**

**He will say this to me
in a SIMPLE way,
through His WORD**

If you would like to read
more about *Lectio Divina*,
the following may be
helpful:

Michael Casey,
Sacred Reading:
The Ancient Art of Lectio
Divina

David Foster,
Reading with God

Jean Khoury,
Lectio Divina:
Spiritual Reading of the Bible



LECTIO DIVINA



Diocese of Arundel & Brighton
2016

*A short Guide to Praying
with the Scriptures*

Lectio IS

- Prayer
- Listening
- A time of quiet
- A moment when God speaks to ME
- For every day
- For life

Lectio is NOT

- Study
- Reading a novel
- Homework
- Difficult
- Rushed

Some tips

- Use a short passage
- Choose a book and work slowly through it

THE PRACTICE OF LECTIO DIVINA

- Be still
- Choose a text from the Scriptures
- Read it through – perhaps aloud
- Read it through – in silence – two or three times
- Reflect on the text in your mind and heart
- Be open to a particular word or phrase that stays with you
- Read through the text again – two or three times
- Reflect on the text again
- Be open for a prayer, or thought, that may come to you
- Carry this through the day
- End with a short prayer and the Sign of the Cross

Lectio with a Group

- If you are doing Lectio Divina in a group, one person can read the text for the first time
- People may wish to share the word or phrase that has come to them
- The text can then be read aloud once more, before people reflect in their own minds and hearts
- One person can bring the time of Lectio Divina to a close with the prayer and the Sign of the Cross

More tips

- Begin with a part of the Scripture that you find a little easier – a Gospel is ideal
- If on your own, “start small” – perhaps ten minutes or so
- There is no need to rush