**Lectio Divina**

**Lectio Divina** is a way to read scripture contemplatively.

It’s about allowing the heart to open itself to the words. It’s not bible study, it’s not about gaining theological understanding, and it’s not learning.

In this form of prayer we allow the words of the Bible to wash over us and trickle into our soul. It’s an ancient way of prayer used right from the beginning of the church.

There are four steps which you may find helpful:

1. **Reading**

Read the passage slowly, perhaps aloud. Be aware of any word, phrase or sentence that draws you in any way. After a pause, read the passage again in the same way.

1. **Reflecting**

Quietly and calmly let your reason, imagination, memories and emotions dwell on the part that you were drawn to. You may have an image or an idea. It might bring up memories and thoughts that create a scene in your imagination. It might agitate you, or evoke other emotions in a non-specific way. You may feel comforted or filled with joy. Reflect on what the words are triggering. Always take care not to become bogged down in intellectual thoughts, but allow your feelings, your desires and your memories to work.

1. **Praying**

Bring your reflections to God, and, centred on the words, image or idea that struck you in the passage, talk to Him in whatever way you normally do.

1. **Contemplating**

Finally, just sit with God, not making any particular effort to think or feel. Simply be open to listen to God.