**Lectio Divina handout *(with space to add Scripture passage)***

**Lectio divina** is a centuries-old form of prayer using Scripture. It has four steps:

**Lectio (reading):** read the passage of Scripture slowly, more than once. If a particular word or phrase seems significant (even if you don’t know why), stay with it. You may want to write it down.

**Meditatio (reflection):** let the significant words fill your mind, without analysing them. You are in God’s presence – let the Holy Spirit lead your understanding.

**Oratio (prayer):** allow your heart to speak to God, in words inspired by the passage of Scripture or by the thoughts that have come to you while reflecting on it.

**Contemplatio (rest):** let go of ideas and words and allow yourself to rest in the presence of God in simple and wordless contemplation.

*(You could add your chosen Scripture passage here...)*