

Beginners Guide to Lectio Divina

For a 30 minute Scriptural Meditation

First 5 minutes: Prepare yourself for prayer

Give yourself time to quiet your heart and invite the Lord into your time of prayer.

Ask yourself, "What am I doing? What am I committing myself to do in this time? Turn away from whatever activity or distractions or anxieties you have carried here. Ask the Lord to be with you in this time of prayer. Make acts of faith, hope, and love.

Anytime we read scripture, we should invite the Holy Spirit into our reading, because He is the one who reveals Jesus; so ask Him to reveal the saving presence of Jesus to you in this passage.

5 minutes: Composition of place

Read once through the text and imagine what it would be like to be there. Where are you? Are you inside or outside? Is it day or night? Who else is present? Who is with Jesus, and with whom is He speaking? What are they wearing? Feel the air, the ground, the sky, and look at the people around you. Then watch what is being done, and listen to what is said.

Enter into this scene yourself. Bring your whole self into it – your intelligence, your will, your affections, interests, desires, fears, your weakness and your sinfulness. Bring your worries and your anxieties and your loves into it with you.

Read through the text again and imagine you are present there. What occurs to you? What points strike you? Read it over until you have three points of meditation. Write them down.

6 Minutes: 1st point of meditation

6 Minutes: 2nd point of meditation

6 minutes: 3rd point of meditation.

In each of these meditations, speak with God. Tell him what you are feeling. Tell him what is interesting to you. Tell him what you like, or what you don't like, or what scares you. Ask him your questions. Tell him your worries and your doubts. Tell him about what you love, no matter how petty it might seem. Tell him what you desire. Tell him about your sins.

During this time of meditation, write down anything which is interesting to you. It could be an observation about the passage, or about Jesus, or it could be something about yourself which you never realized. It could be a question that makes you wonder. Any time anything is new to you or seems notable, write it down.

Any time you reach a measure of contemplation, stop and stay with it. Direct whatever is in your heart towards our Lord. This could be adoration or thanksgiving. It could be sorrow for sins, or grief, or longing for God. It might simply be happiness in God. Whatever it is, remain as long as it's there.

Last 2 minutes: Closing your time of prayer

Take a step back and consider: what happened? What was easy and what was difficult? What did I receive? What are things that I need to continue to ask God or bring to prayer?

Give God thanks for this time of prayer, and for any fruit. Based upon your meditation, make a concrete resolution of something you intend to do or change in your life, and write it down.