

Simple Bible Study - Lectio Divina



Choose the passage of Scripture you want to use in this spiritual practice.

A simple and accessible system for choosing Scripture is to use the daily lectionary for [Morning or Evening Prayer](#), or the [Eucharistic lectionary](#).

Lectio divina, (Latin for Divine Reading) traditionally includes these steps:

1. *lectio* (read): Read the passage of Scripture out loud (if possible). The speaking of the words engages the body in the practice. In a group, have two people read, engaging the diversity of genders present.
2. *meditatio* (meditate): Read the passage a second time, listening for a word or short phrase that jumps into your notice.
3. *oratio* (pray): Read the passage a third time, reflecting on how God may be speaking to you through that word or short phrase. You may open your heart to this by asking God: What would you have me learn/receive from this?
4. *contemplatio* (contemplate): Wait in silence and receive the grace of God who may be using that word or phrase to teach you or to motivate you to open, act, or let go.
5. *imitatio* at the end (imitate or act): Close with a prayer of thanks and allow your response to the grace rise up from within you. This may happen through journaling your experience; or a prayer or poem may write through you; or an act of service may enter your mind and heart seeking you to respond in the world.



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