

# TIME OF REFLECTION

## LECTIO DIVINA

**INTRODUCTION:** 'Lectio Divina' means 'Sacred Reading'.

**WHAT YOU NEED:** A Bible and some time.

**STYLE OF PRAYER:** You can do this on your own or with others.

**WHERE DID IT COME FROM?** Lectio Divina began in the 3rd Century, led by early church leader Origen. He believed that through a practice of reading the Bible thoughtfully and prayerfully you could discover what he called the "higher wisdom hidden in the Word of God".

Origen's idea was that Jesus himself was the way by which we can understand the meaning of the Bible and that, if we asked, Jesus would reveal its meaning to us. The practice is about digesting the meaning of the word of God and taking time to think about it.

### HOW TO PRACTICE LECTIO DIVINA

**1. READ** - Choose a passage of scripture (anything from one to 15 verses). Read it through slowly several times. If possible, read it out loud.

**2. REFLECT** - Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.

**3. RESPOND** - Respond in prayer to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.

**4. REST** - Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.