

..idleness is the enemy of the soul; and therefore the community ought to be employed in manual labour at certain times, at others, in divine reading." Rule of St Benedict, 48.

Lectio Divina is Latin for **Divine Reading**

It is the practice of scriptural reading, meditation, and prayer that promotes communion with God and increases the knowledge of God's Word. Lectio Divina does not treat Scripture as text to be studied, but as the Living Word.

Lectio goes beyond the words on the page. The four steps are:

Lectio: To Read

Begin with a prayer inviting the Holy Spirit to guide your reading of the Scripture. Approach the bible passage slowly and read it four times, allowing the Holy Spirit to illuminate the mind.

Meditatio: To Meditate

To meditate on the passage that has been read, it is held lightly and gently considered from different angles. The emphasis is not on analysis but to keep the mind open and allow the Holy Spirit to inspire a meaning for it.

Oratio: To Pray

Prayer is a loving conversation with God who has invited us into an embrace. In this context it is inspired by meditation on the bible passage.

Contemplatio: To Contemplate

Contemplation takes place in silent prayer that expresses love for God. Look on him as he looks upon you in love.