

## ***Lectio Divina* - Godly Reading**

A Prayerful Pondering—Lectio Divina

This style of prayer is particularly suited to the psalms, the prophets, the letter of Paul, and other non-story passage.



**Read** the passage slowly stopping wherever a word or phrase seems to say something. Let the words speak to you. Let the passage touch your own life, your memories. There is no one right meaning; the same passage will say very different things to different people. Meditate on the words. It often helps to say the words or phrases to yourself several times, ideally out loud.

**Ponder**, ruminant! – read the passage again & notice what images/ memories/ connections come to you

**Speak** to God in your own words. Imagine God speaking back to you. Express your own deepest desires.

**Contemplate**; be in silence with God. Be quiet and open before God. Rest. Let the mind be still. When your mind starts to wander then turn back to the passage and continue reading.

Allow this fourfold process to continue until the period of prayer is over.

**Finish** with a formal prayer such as the Lord's Prayer/Our Father.

It is a process that could also be used with **poetry**

Read the poem a few times – notice what has moved you in the poem – value the feelings evoked

When you are ready ...

- You may want to name those feelings
- To ponder the connections being made within your soul/ or your memory
- To sit with the God who shares this moment with you

**Journal** :Using either scripture or poetry you may wish to journal / write about your experiences to savour them further or share them with a trusted guide/companion

### *Further Resources*

Printable Page on [Lectio Divina](#)

Workshop on [Lectio Divina](#) on YouTube

*Taken from various resources : Isc website, Epiphany group Scotland*