

Lectio Divina—“divine reading” of Scriptures

1. Station One: **read** (*lectio*)

- Read without outside distractions
- Read a phrase, a paragraph, a passage, or parallel passages
- Read slowly, focusing on key words or phrases that stand out for you

2. Station Two: **ponder** (*meditatio*)

- Put yourself into the narrative
- Mindfully meditate on the words, meanings, associations, visualizations

3. Station Three: **pray** (*oratio*)

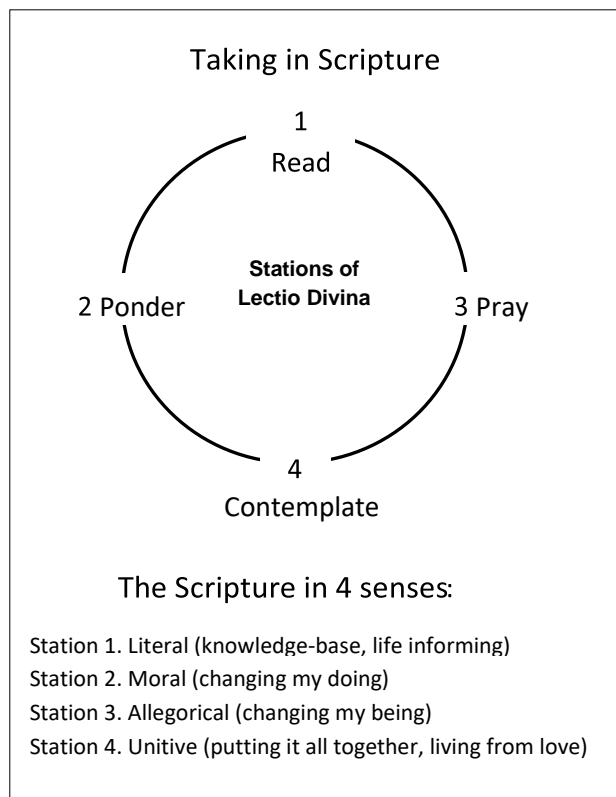
- Personalize the passage
- Deepest feelings of the heart
- Lowered defenses before God
- Emotional expression in prayer

4. Station Four¹: **contemplate** (*contemplatio*)

Usual human faculties (mental/emotional workings) are stilled while the spiritual faculties are exercised:

- Quietly disregard the noise of wandering thoughts
- Intentionally turn toward God without an agenda • Be attentively present with God
- Consenting to God’s presence and actions within
- Rest in God in the wordless depths

These four stations don’t all have to be experienced in one setting. Sometimes only one or two of the stations are focused upon, as your needs indicate and as the Spirit so leads.



¹ See http://www.ehcounseling.com/materials/contemplative_silent_prayer.pdf as a suggested guide
From <http://www.ehcounseling.com/materials> under “SPIRITUALITY”