

Lectio Divina

Morning Prayer



All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

2 Timothy 3:16-17

Lectio Divina is a contemplative way of reading the Bible. Dating back to the early centuries of the Christian Church it was established in order to savour the scriptures.

1 Rest (*Silencio*)

Take a moment to breath deeply. Embrace silence. For a moment, put down the 'to-do' list and centre your thoughts around Jesus. Perhaps repeat a phrase or word internally to help you. (For example: "Lord Jesus Christ, Son of God, have mercy on me, a sinner.")

"Listen in Silence because if your heart is full of other things, it cannot hear the voice of God." — Mother Teresa

2 Read (*Lectio*)

Read the scripture that is set before you. Taking time to allow every word to settle in your mind. Try not to skim or skip ahead, rereading the sentence if you have to.

3 Reflect (*Meditatio*)

Which words or phrases have captured your attention as you read the scripture? Be aware of any emotions or memories that may stir up. Some questions to ask may be:

What was the person writing trying to say?

What is happening in this passage?

What is it saying about me and my life today?

Do you feel acceptance or resistance as you read?

(You may find it helpful to journal your thoughts and reflections on the passage as you meditate on it.)

4 Repeat

Reread the scripture that is set before you.

5 Response (*Oratio & Actio*)

Talk to God about what has come to mind during your reading and reflection. Are you feeling led towards a prayer of praise? Repentance? Help or healing? How is the Holy Spirit leading you in making your life a gift to others?

6 Close

Thank God and hand over all your plans for the day to him.