

LECTIO DIVINA
Summary

“A simple way to move from words to wordlessness.” Not a method or formula, but a way to become aware of God’s presence in our lives. Not necessarily separated in the actual practice of praying. One does not read without some reflection (meditation) on what is read. Reading easily moves into prayer and can find rest in contemplation. “Seek in reading and you will find in meditation; knock in prayer and it will be opened to you in contemplation.” John of the Cross

STEPS	INITIAL DESCRIPTION	SUMMARY	QUICK SUMMARY
Lectio Divina Sends us to	A careful study of the Scriptures in which the person’s whole attention is engaged. “Prayed reading”	A kind of foundation: it gives the subject matter we need to reflect on and then “sends us to meditation.” (There may be something good here—wants fuller understanding) It is not so much a matter of reading a book as of seeking Someone.	An exercise of the outer senses. (Puts the grape into the mouth.)
Meditatio Sends us to	An action of the mind probing the Scriptures and seeking reason’s help to know the truth hidden in it. Reflection.	Goes to the heart of the matter. Takes careful note of what the text says. Inquires assiduously. Digs deeply, as it were, and uncovers the hidden treasure so that we can see it—but since it cannot of itself attain to that treasure, it sends us to prayer. It consumes one with longing. The more it searches, the more it thirsts.	An exercise of our inner understanding—gives fuller understanding. (Biting into and chewing the grape.)
Oratio	Response to God to which one is drawn from receiving and reflecting on the word. We hear the word and let it fill our being	Leave the reading and run to God. It springs from the heart. React to the word with free, spontaneous prayer. Speaking, listening in conversation with God. The more I know you, the more I long to know you. It tends to extend into our day...growing awareness of his presence.	Longing, desire, praise, thanksgiving, sense of repentance, need for reconciliation, confidence, love, Intercession—personal and broader. (Extracting the flavor)
Contemplatio (when it comes)	Movement beyond words, thoughts, concepts. In the presence of God—“being with”. Gift of awareness.	Simple, humble prayer seeking just to be in God—awareness that we are in him and he is in us. Quiet prayer—deepened awareness of his presence.	Just be in awareness of God. Experience his presence. (Enjoy the sweetness which gladdens and refreshes.)