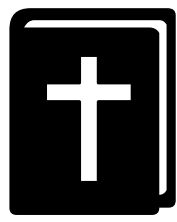


# LECTIO DIVINA



**Lectio** (lex-ee-o) means reading.

**Divina** (dih-vee-nah) means holy or sacred.

**Sacred Reading.**

The 4 steps of Lectio Divina are: 1. Reading  
2. Meditating 3. Prayer 4. Contemplation

In a conversational/mentorship setting this practice is powerful. It invites the Bible to speak to us instead of us speaking into the Bible. Approach it with no prepared interpretations or study. Choose a scripture (a few verses or a passage) and follow this process.

- 1. Pray** (start with prayer)
- 2. Read Scripture** (read passage 2x deliberately and slowly)
- 3. Meditate** (reflect on passage, allowing words or phrases to stand out)
- 4. Share** (share what stood out)
- 5. Read Again** (read 1x by the other person)
- 6. Meditate Again** (what else stands out - What emotions do you feel about it?)
- 7. Share Again** (have participants share the emotion the passage makes them feel)
- 8. Final Reading** (read scripture a final time)
- 9. Share Again** (share one way to apply the passage to one's life)
- 10. Prayer** (end with prayer)