

Lectio Divina

From *The Inner Chapel* by Becky Eldredge

Lectio Divina is a slow, rhythmic reading and praying of a Scripture passage. Here are the steps of Lectio Divina:

Before beginning prayer, select a Scripture passage to pray with and have it open in your lap. Begin prayer by settling in and getting quiet. Close your eyes and enter your inner chapel. Invite the Holy Spirit to guide your prayer time.

Read. Pick any passage in Scripture. Slowly, thoughtfully, savor the living word. Linger whenever a word or phrase touches your heart. As you hold the word or phrase that caught your attention, ask yourself, *What might God be offering me?*

Reflect. Read the passage in Scripture a second time. This time, notice what feelings are stirring in response to the reading. Ask yourself, *What is God saying to me in this passage? What is God offering me? Asking me?*

Respond. Read the passage a third time. As the words enter your heart, note which word, image, or idea God is inviting you to savor. Respond to God from your heart. Speak to God of your feelings and insights. Offer these to God.

Rest. You might read the passage a fourth time. As you savor the gift of God's words, simply close your eyes and listen. Sit quietly in God's presence. Rest in God's love. Listen to God in your inner chapel.

After you feel your prayer drawn to a close, take a moment to review your prayer. Journal any insights or things you want to remember about what happened in prayer.