

# LECTIO DIVINA





Lectio divina—*holy reading*—is a gift from the Benedictine and Cistercian tradition, with roots in the 6th century. It is a simple yet rich practice of praying the scriptures, nourishing and deepening our relationship with God.

Our practice this morning will include five moments: reading and listening to (lectio), reflecting on (meditatio), seeing into (visio), responding to (oratio), and resting in (contemplatio) the word of God.

Each time through we will follow this pattern:

## REFRAIN

Before each reading, the refrain is sung as an offering.

## SCRIPTURE READING

The psalm is read during each of the five moments, followed by a time of silence.

## SILENCE

In our time of silence, the guidelines on the facing page may be of help to you.

## 1 LISTENING

You are invited to simply listen. Hear with the “ear of your heart.” Hear the words, receive them, hold them lightly, loosely in your heart, in your mind. Begin to patiently wait for the Spirit to reveal the Word, Jesus Christ, to you through the words you are hearing. Let yourself be taken in by the words.

*Lectio*

## 2 REFLECTING

You are invited to meditate on the words of the psalm. Notice what word or phrase stands out to you, moves you. Hold that word in front of you in the presence of the Lord, turn it over, observe it, taste it.

*Meditatio*

## 3 SEEING

Return to your word or phrase and turn your heart to “hearing and seeing” Jesus in the words and in the image. You are welcome to turn your eyes upon the image to continue to meditate on the psalm. Ask the Spirit to give you eyes to see what God has for you to see here. Note what thoughts, impressions, memories, feelings, other images come to mind; hold them before the Lord.

*Visio*

## 4 RESPONDING

Respond to God with the prayer of your heart. Offer up your response to the words and image you have heard and seen. You are welcome to draw or write it.

*Oratio*

## 5 RESTING

You are welcome to simply rest. Rest in the presence of the God who loves you. Let go the thinking, meditating, praying—and just rest. Like a child in its mother’s arms, content and safe, rest. Surrender all that stirs—observe it and let it go, and rest in God’s arms.

*Contemplatio*

## REFRAIN

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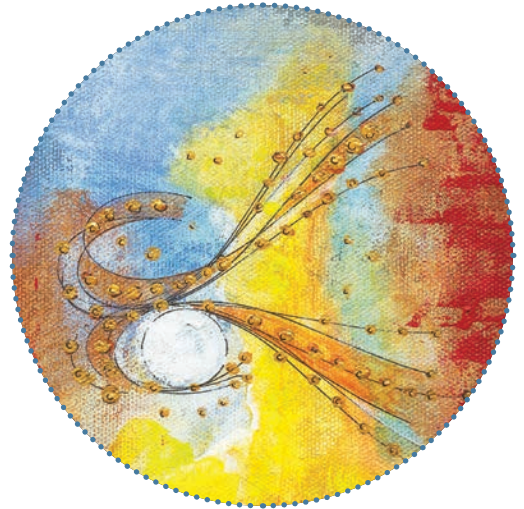
Refrain: "I Will Hide Your Word Inside My Heart"

Words and Music: Paul Field © 2003 Daybreak Music.

## PSALM 139

Search me, O God, and know my heart;  
test me and know my thoughts.

See if there is any wicked way in me,  
and lead me in the way everlasting.





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Refrain: “I Will Hide Your Word Inside My Heart”

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Our morning prayer was inspired by the following resources:

- *Seeing the Word*, Saint John’s University School of Theology and Liturgical Press © 2010 Order of Saint Benedict, Collegeville, MN [www.csbsju/sot/seeingtheword](http://www.csbsju/sot/seeingtheword)
- [www.contemplativeoutreach.org](http://www.contemplativeoutreach.org)
- Lectio-Divina chapel services led by Joella Ranaivoson and Bob Crow at Calvin College