



BASED ON FR JOSH JOHNSON: WHAT IS LECTIO DIVINA? (ASCENSION PRESENTS)

LECTIO DIVINA / DIVINE READING GUIDE

PICK A PASSAGE FROM ONE OF THE GOSPELS



LECTIO = READING

What does the scripture passage say in and of itself, that everyone should understand?



MEDITATIO = MEDITATION

Find something, a line or a word, that sticks out to you and begin it meditate on it. What does the text say to me, today, and to my life? What is it speaking into my heart?



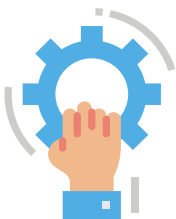
ORATIO = PRAYER

We speak to God about what we read and meditated on. We can intercede for others. We can pray in thanksgiving. We can ask for forgiveness. We can ask God for His grace (help) to live out what we feel called to do.



CONTEMPLATIO = CONTEMPLATION

What conversion of the mind, heart, and life is the Lord asking of me? This step is a gift from God - we can't make it happen! We spend time looking at him and letting Him look at us. If He leads you into deep prayer, go with it. If not, just chill with the Lord.



ACTIO = ACTION

What concrete action can I do based on my time of reading, meditating, praying and maybe contemplating with the Lord.

