

# Lectio Divina

## What is *Lectio Divina*?

It is a monastic way of reading Scripture. It comes from the latin “divine or sacred reading.”

It is composed of 4 parts : read, meditate; pray; contemplate. Some people add a 5<sup>th</sup> part : act, the fruit of Lectio Divina.

## Why do *Lectio Divina*?

It is a way to grow spiritually and to understand what the Lord wants to say to me. It is a pause in our everyday life to let go of our own agenda and open ourselves to God.

Here are the steps which can easily be followed at home :

- **Lectio**  
**Read** the Word of God, slowly and reflectively. Let it sink into you.
- **Meditatio**  
**Meditate** on this text and ruminate upon it so that you take from it what God wants you to hear.
- **Oratio**  
**Pray** and simply let your heart speak to God.
- **Contemplatio**  
**Contemplate** and simply **rest** in the Word of God. Be silent. Listen at the deepest level of your being to God who speaks within. As you practise the silence, you will experience deeper transformation from within.
- **Actio**  
**Act** and **serve**. The grace from flowing from *Lectio divina* is service and a growing closeness to God.

The monks doing *Lectio divina* frequently latch on to a phrase or a word that “sparked” within in reading the Word of God. They hold it within their heart like a recurrent mantra all day. By this means we stay connected to the Lord and maintain continuous prayer.

For further information on the subject visit the website of the Order of the Carmelites : <https://ocarm.org/en/carmelites/what-lectio-divina>

