**Lectio Divina:**

Lectio Divina or “divine or sacred reading” is one of the oldest forms of monastic prayer. It was used by the desert mothers and fathers and is still widely used today as a form of praying with scripture. There are four steps or movements to Lectio Divina: Reading (lectio), meditating or reflecting (Meditatio), responding (oratio) and resting in (contemplatio). Because God speaks to us through His written word, the bible, we are using this form of prayer to deepen our understanding of the scripture and of God.

**Steps to Consider:**

* Invite the presence of Holy Spirit
* Read the passage slowly (lectio)
* As you read pause and reflect when a word or phrase catches your attention (mediatio)
* Respond to God in prayer about what you have been invited into by the word(s) or phrase(s)(oratio).
* Sit a while and stay present and rest in the experience and in the Word of the Lord given to you. (contemlatio)
* Give thanks to God