

## Lectio Divina

**"We read  
Under the eye of God  
Until the heart is touched  
And leaps into flame."** (Dom Columba Marmion, OSB)

1. Begin your Lectio by asking God to be with you in this time and to speak to your heart.
2. Take some time to allow yourself to become quiet and still. A few things that might help you with this are:
  - Find a position that you are comfortable praying in.
  - Allow yourself to become aware of your breathing, try not to alter it, but just be aware of it sustaining you.
  - Notice how your body is feeling, where it feels relaxed and where it is holding tension. If you can, allow yourself to let go of the tension.
  - Notice the sounds that you can hear around you. Don't get distracted by them, just notice each sound and let it go.
  - Now listen to the sounds within you, notice the thoughts and feelings that begin to arise. Don't allow yourself to be distracted by them, as each thought arises lay it down before God.
3. When you are ready read your text through slowly, several times (at least three). You may find it helpful to read the text aloud. As you read notice the word or phrase or image that strikes you most.
4. When a word or phrase has struck you leave the rest of the passage aside and concentrate on that phrase. You might reflect on why it has struck you, the resonances it has with your life, what response it calls you to make to God, or what it calls you to share with God or to pray about.
5. Sometimes it is helpful in this process to repeat the word or phrase to yourself, or to write it down and have it in front of you. When you find yourself getting distracted during this activity then go back to re-reading the text until the word or phrase that struck you leaps out at you again.
6. End your Lectio time by thanking God for the blessings of the time you have shared with him and for the insights you have gained.

