

## **Lectio Divina**

Lectio Divina has four inter-related strands. The strands are not hierarchical and it is possible to move back and forth between them.

- ❑ The first strand is reading. Read your text through slowly several (at least three times). It is helpful to read it aloud.
- ❑ The second strand is reflecting on the parts of the text that struck you...for whatever reason. When a particular word or phrase strikes you stay with that, letting the rest of the text pass you by Repeat the word or phrase in your inner stillness allowing it to arouse feelings, memories, associations from your life, and acknowledging the importance and value of them
- ❑ The third strand is responding to the text...entering into dialogue with God about what has touched you.
- ❑ The fourth strand is simply resting in stillness in the presence of God...
- ❑ If at any time your mind wanders you can go back to the text and read it through slowly again.

## **Colourful Prayer**

Read your text slowly, silently or aloud.

- ❑ Spend some time in silence noticing the part of the text that struck you by using colour. There is no need to draw a picture. Use the coloured pencils to doodle.

Or

- ❑ Make a list of your 15 most common emotions. Now underline each word with a colour which corresponds to that emotion for you.
- ❑ Read your text slowly, silently or aloud.
- ❑ Spend some time in silence noticing which part of the texts have struck you.
- ❑ Using colour, represent the emotions you have experienced whilst praying with your text.

## **Using the senses**

- ❑ Familiarize yourself with your chosen text. become familiar with the place, the situation, the people.
- ❑ Put the text to one side. Find a comfortable position. Close your eyes and try to centre yourself.
- ❑ Imagine who you are in the story...
- ❑ Now imagine that you are in the place where the story occurs. Spend some time walking around it. Listen to the sounds of the place, look at scenery and the things you can see around you.
- ❑ Notice how you feel in relation to the other characters, watch their facial expressions as they talk.
- ❑ Allow the story to unfold.
- ❑ Before you leave the scene, take the opportunity to say something to Jesus, if you wish.

## **Journalling/storying**

If you enjoy writing the following might be helpful in your prayer:

- ❑ Journalling can be used as part of your response to any of the above ways of praying the Scripture.
- ❑ Filling in the gaps. After you have centred yourself and prayed with the Scripture you can fill in the gaps by imagining what might have happened before or after the events described, how they might have changed the people's lives, the questions and challenges they might have been left with and how they responded to them.

