

Ordinary Time

Lectio Divina

Introduction

Lectio divina means *sacred reading* in Latin and it is truly a sacred form of prayerful reflection using a passage of text. This practice has ancient roots in monastic and contemplative communities as far back as the 5th or 6th century.

In the Christian tradition the text is often a selection of verses from the Old or New Testaments, but poetry, song lyrics, novels, or other inspirational material may be used. The text may be read silently or aloud. One may also choose to listen to the text being read instead of reading it visually.

To begin, no special preparation or skills are required. After selecting a passage, follow the four steps: lectio (read), meditatio (meditate), oratio (prayer), and contemplatio (contemplation). For individual prayer, each person may set their own pace. For group lectio divina, the group leader may use their own discernment.

Notes may be taken on the daily journal page included in this resource. This page may be printed multiple times for individual or small group use.

Contents

- A Simple Guide to the Lectio Divina
- Daily Journal Page for the Lectio Divina
- 31 Days of Suggested Scripture Passages

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Lectio

Select a passage from scripture, a poem, or a book and read it slowly.

The length of the passage is up to personal discretion.

Suggested lengths vary from 2-15 verses, depending on the context of the passage.

1

Meditatio

Slowly read the text two more times. After each reading, pause to reflect on the words and phrases that catch your attention.

2

Oratio

Prayerfully reflect on the experience of reading the passage. What kinds of emotional, spiritual, or physical responses occurred? Respond in prayer.

3

Contemplatio

For the last time, read the text again. Consider the words and phrases you've noticed. Gently release them and any other thoughts that may distract you from inner stillness. Use this time to rest in the presence of God.

4

Daily Journal for the
Lectio Divina

Selected passage:

Date:

Lectio

Read the passage silently or aloud.

Meditatio

As you read, note the words or phrases that catch your attention.

Oratio

What emotional, spiritual, or physical responses occurred as you read? What divine invitations do you notice? How would you like to respond to God?

Comtemplatio

Rest in God's presence.

Eastertide

Lectio Divina

Galatians 1:1-10

Galatians 1:11-24

Galatians 2:1-10

Galatians 2:11-19

Galatians 3:1-6

Galatians 3:7-14

Galatians 3:15-22

Galatians 3:23-26

Galatians 4:1-7

Galatians 4:8-20

Galatians 4:21-31

Galatians 5:1-12

Galatians 5:13-26

Galatians 6:1-10

Galatians 6:11-18

Colossians 1:1-2

Colossians 1:3-14

Colossians 1:15-23

Colossians 1:24-29

Colossians 2:1-5

Colossians 2:6-15

Colossians 2:16-23

Colossians 3:1-4

Colossians 3:5-11

Colossians 3:12-17

Colossians 3:18-25

Colossians 4:1-6

Colossians 4:7-18