**Lectio Divina (Sacred Reading)(Proper)**

1. **Lectio**- slowly reading the scripture aloud for familiarization
2. **Meditatio**- pondering without analysis on the verse; allow one word or phrase to rise in importance; notice the emotional response; hear the word or command of Christ
3. **Oratio**- praying or journaling the significance of that experience
4. **Contemplatio**- becoming mindful of and resting in God’s presence; ever so gently returning to an awareness of God’s presence without frustration, guilt, or condemnation

Lectio Divina Primer:

1. *Listen: What stands out? What word or phrase rises in prominence?*
2. *Sense: What am I feeling in your Presence? What is my emotional reaction to your word?*
3. *Listen: What do You want me to do, Lord? What are you saying to me?*
4. *Talk with God: Turn the fruit of all of the above into prayer.*

*“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest…”*  Matthew 11:38ff

Word:­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emotion:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Command:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_