

LECTIO - READING

After invoking the Holy Spirit, reading should be done out loud, not mentally. You should hear yourself or someone else reading the passage slowly, like poetry, prayerfully and mindfully through the text, once or twice. Reading to understand the text is the goal but prayer really starts here as you engage with the Word that is alive and ready to possess you. This type of reading is different from study although study of a particular passage that precedes Lectio Divina is extremely helpful for we want to read the Scriptures from the Church. So do your Bible study or exegesis before you engage in Lectio Divina, as an introductory exercise. If you are into journaling, you may write the passage down. Writing it down is already a beginning of meditation by itself.

Highlight the passage that speaks to you.

Song of Songs 2:8-14

Hark! my lover—here he comes
springing across the mountains,
leaping across the hills.
My lover is like a gazelle
or a young stag.
Here he stands behind our wall,
gazing through the windows,
peering through the lattices.
My lover speaks; he says to me,
"Arise, my beloved, my dove, my beautiful one,
and come!
"For see, the winter is past,
the rains are over and gone.
The flowers appear on the earth,
the time of pruning the vines has come,
and the song of the dove is heard in our land.
The fig tree puts forth its figs,
and the vines, in bloom, give forth fragrance.
Arise, my beloved, my beautiful one,
and come!

"O my dove in the clefts of the rock,
in the secret recesses of the cliff,
Let me see you,
let me hear your voice,
For your voice is sweet,
and you are lovely."

MEDITATIO - MEDITATION

Isolate a shorter passage from the text and re-read it again. Create a space in your heart for a new experience. Ponder each phrase or word, repeating it quietly, tasting it, turning it over in your mind, expecting new illumination, new highlight, new understanding, new depth. Assimilate the Word by purposefully keeping your mind engaged, your body focused, your heart open.

Write down your meditation or the phrase that you were meditating upon:

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ORATIO - PRAYER

Meditative reading leads naturally to prayer. It happens spontaneously as you will feel a need to respond to the penetrating work of God's voice inside of you. The prayer based on the passage that you have meditated upon doesn't have to be elaborate. It should be a response of a heart following Beloved. You may feel like writing or singing a prayer, a poem-prayer, a song, an exclamation, praise, petition, words of adoration or blessing. You may enter into the time of intercession. The response might be different on different occasions to the same passage of Scriptures. If practiced in a communal setting, the prayers are spoken out loud.

Write down your prayer:

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CONTEMPLATIO - CONTEMPLATION

You will not always enter into this moment/stage but be determined and restful in promise of the Father who says that He will come and dwell within you. This is the mountain top of Lectio Divina, the moment when we enter into the eternity where the love of God flows freely and we are receptive and open to His movements. It is the moment of awe, adoration and delight, gazing upon Beloved and opening up our inner man for a download from heaven. It is the time when revelation of the nature of God transcends our being and we receive through contemplation what we could not achieve through the human efforts of meditation.

Write down what God has revealed to you:

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