

**PRAYING WITH SCRIPTURE:
"LECTIO DIVINA or MEDITATION"**

- 1. Choose a scripture text for your meditation (or use the text assigned).**
- 2. Place yourself in a comfortable position. Allow yourself to become still and silent inside. Relax your breathing. Breathe in the Spirit, breathe out the Spirit. Be aware of God's presence within you and all around you. With the eyes of your heart, take a moment and 'look at God looking at you'.**
- 3. Become aware of the desire you bring to this prayer, and express it to God. God knows it already, but God wants you to bring it clearly to your mind.**
- 4. Now turn to the chosen text and read it slowly, gently. Savour each portion of the reading, attentively listening for the "still, small voice" of God in a word or phrase that somehow seems to say, "Stop, listen ... here I am ... this is for you today."**
- 5. Begin with the first portion of the text, or else go to the portion to which you feel especially attracted.**
- 4. Allow yourself to be drawn more deeply into God's presence and love through this portion of text. Take its words and phrases into yourself by slowly repeating them to yourself. Allow it these words and phrases to interact with your inner world of concerns, memories and ideas. Some memories or thoughts might seem to be distractions. But they are simply parts of yourself which, when they rise up during *lectio divina*, are asking to be given to God along with the rest of your inner self.**
- 5. Then, respond to God in your own way. Allow this inner pondering with God to lead you into a deeper relationship with God who knows you intimately and lovingly. Just interact with God with your words or images or thoughts or feelings as you would with someone who knows and loves you deeply. Give to God what you have discovered in yourself during your experience of meditating on this word or phrase.**
- 6. Then, let go and simply rest in God's embrace... let the words and images go. Rejoice in the knowledge that God is with you in both words and silence, in spiritual activity and inner receptivity.**
- 7. You may come to a point where you are ready to move on to another word or phrase. The easiest is to systematically ruminate on the text portion by portion, phrase by phrase, lingering on each as long as your prayer is fruitful.**
- 8. When you are ready to end your prayer, speak to God, or Jesus, or Mary simply and spontaneously about what you have received and how it will affect your life. Thank God for this time and conclude with an Our Father or some other favourite prayer. (This Ignatius refers to as "colloquy".)**