

Lectio Divina

or: A Conversation with God

Lectio Divina means: **divine reading**. *God wants to talk to you through the Bible!* He has had it written like a letter to you and to all people. Would you like to read in it? Here is a little help:

1. Reading (Lectio)

Find a quiet place and set aside a suitable time to do so. Start with a prayer, especially to the *Holy Spirit*. Then *read* through the Bible passage, preferably half aloud and *attentively*. God Himself wants to speak to you! Read the passage several times. Therefore the passage should not be too long. First of all, just listen.

2. Contemplation (Meditatio)

Choose the sentence or the part of the passage that touches you/appeals to you/moves you/affects you most. Repeat it several times. Perhaps you can think of other passages from the Bible or events from your life. Ask God, "*What do you want to tell me today by this?*" You can also write down the thoughts that come to your mind.

3. Prayer (Oratio)

God has spoken to you. *Answer Him in prayer!* Talk to Him about the word you have received or about anything else that moves you. Praise, thank and ask Him for others and for yourself. You may also want to ask Him for forgiveness for something.

4. Abiding (Contemplatio)

Abide with God! He is here! Let yourself be looked upon by Him and be loved by Him.

Or look at yourself, your life, your fellow human beings, encounters, etc. with His eyes. Or imagine Jesus as you have just come to know Him (as He heals or teaches, at the lake, as a good shepherd, etc.).

5. Action (Actio)

The result should be that *God transforms and guides* you. Make an effort to put into practice what you have understood with God's help.

In this way you will become more and more intimate with God, **like friends** who talk a lot with each other, and this is a happiness like no other!