

# “Lectio Divina”

*(Divine Reading OR Reading the Divine in the “Living Human Document”)*

*Begin in Silence; invite the Spirit of God to guide you as you open yourself to God’s spirited presence.*

**Lectio:** *(Read and engage the “sacred”)*

Select a passage from Sacred Scripture. Read it aloud and silently attend to words, phrases, images that catch your attention. Read it aloud a second time, noticing again what catches your attention or evokes some energy in you. Read it a third time aloud.

Alternatively, choose an object from your pocket, your purse, your backpack, your bag that is valuable to you. Or select an image from your cell phone, a picture of someone or something important to you. A clue to an object of value for the purposes of this prayer is that it may not have much monetary value or only occasional usefulness, yet you carry it with you frequently. A clue to an image or picture accessible to you for this purpose is that the image or picture evokes strong feelings from you at this time. Place the object in front of you where you can see it, feel it, smell it. In silence gaze upon the object.

Continue in Silence for a few moments

**Meditatio:** *Meditate upon and ponder on this passage, this object for what it tells you about you.*

What is it about this scripture passage or object that draws me to it? How do I understand my relationship to this passage, this object?

If the passage or my object pictures someone, what does my relationship with the person pictured tell me about me?

Where particular feelings are evoked in me as I ponder? What messages do these feelings carry for me?

*Feeling Family	Message	Action
<b>Mad:</b> upset > < enraged	I’ve been violated. A boundary has been violated.	Set limits; re-assert limits; re-establish boundaries.
<b>Sad:</b> disappointment> < openly weeping	I experience a real or anticipated loss.	Establish time, support, space to grieve and let go.
<b>Scared:</b> little frightened > < petrified	I experience a real or perceived danger.	Need support, get protection, receive re-assurance.
<b>Joyful:</b> happy, pleased > < ecstatic	Life is worth living. Engaging in life as it is coming my way is full of meaning and valuable to me. “Keep on keepin’ on”	Maintain behaviors that express, evoke joy
<b>Peaceful:</b> rested > < centered and focused in face of conflict / challenge	I am okay. The cosmos is okay. I have what I need. I have reconciled myself to what will not be. “Keep on keepin’ on”	Maintain behaviors that sustain and express contentment, peace
<b>Powerful:</b> strength/resources for the day > <empowered to pursue breadth of life goals	I have agency. I have energy and the will to do... “Keep on keepin’ on”	Initiate and maintain behaviors that express / realize what/who I choose to be about

\*This table is my adaptation of William M. Kondrath’s application of ©“Feelings as Messengers”

*What might God intend for me in relation to this passage, this object?*

**Oratio:** *Engage God in a loving conversation about the passage, the object*

**Contemplatio:** *Hear this “Word of God” to you in an attentive mode for your life*

To what behaviors, changes in my life, is God now calling me?

How might this passage, this object continue to remind me of God’s call to me in this moment?