

Lectio Divina Cheatsheet

0: Silence

1: Lectio (Reading)

Select a short (about 10 verses) passage from a Holy Book and read it slowly once either out loud or silently.

2: Meditatio (Meditation)

Read the same passage again, but this time weigh the passage in your heart. Notice any portion of the text which strikes you, and notice the response in your heart.

3: Oratio (Prayer)

Set aside the passage, and pray spontaneously, from the heart, for several minutes. You can do this silently, out loud, or through writing.

4: Contemplatio (Contemplation)

Sit silently without thinking or doing anything for several minutes.