

**God has something  
He wishes  
to say to me  
TODAY**

**God has something  
to say to me EACH day**

**He will say this to me  
in a SIMPLE way,  
through His WORD**

If you would like to read  
more about *Lectio Divina*,  
the following may be  
helpful:

*Michael Casey,*  
Sacred Reading:  
The Ancient Art of Lectio  
Divina

*David Foster,*  
Reading with God

*Jean Khoury,*  
Lectio Divina:  
Spiritual Reading of the Bible



# LECTIO DIVINA



Diocese of Arundel & Brighton  
2016

*A short Guide to Praying  
with the Scriptures*

## Lectio IS

- Prayer
- Listening
- A time of quiet
- A moment when God speaks to ME
- For every day
- For life

## Lectio is NOT

- Study
- Reading a novel
- Homework
- Difficult
- Rushed

## Some tips

- Use a short passage
- Choose a book and work slowly through it

## THE PRACTICE OF LECTIO DIVINA

- Be still
- Choose a text from the Scriptures
- Read it through – perhaps aloud
- Read it through – in silence – two or three times
- Reflect on the text in your mind and heart
- Be open to a particular word or phrase that stays with you
- Read through the text again – two or three times
- Reflect on the text again
- Be open for a prayer, or thought, that may come to you
- Carry this through the day
- End with a short prayer and the Sign of the Cross

## Lectio with a Group

- If you are doing Lectio Divina in a group, one person can read the text for the first time
- People may wish to share the word or phrase that has come to them
- The text can then be read aloud once more, before people reflect in their own minds and hearts
- One person can bring the time of Lectio Divina to a close with the prayer and the Sign of the Cross

## More tips

- Begin with a part of the Scripture that you find a little easier – a Gospel is ideal
- If on your own, “start small” – perhaps ten minutes or so
- There is no need to rush