

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:

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

**Reading with God**  
by David Foster

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

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THE CATHOLIC DIOCESE OF  
ARUNDEL & BRIGHTON



LECTIO DIVINA

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

# 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 to a prayer or thought  
that may come to you

Carry this thought through the day

End with a short prayer and  
the Sign of the Cross

# LECTIO WITH A GROUP

Choose one person to read the text for the first time (you may like to use this passage:)

**Mark 4:35-41:** With the coming of evening that same day, he said to them, 'Let us cross over to the other side'. And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep. They woke him and said to him, 'Master, do you not care? We are going down!' And he woke up and rebuked the wind and said to the sea, 'Quiet now! Be calm!' And the wind dropped, and all was calm again. Then he said to them, 'Why are you so frightened? How is it that you have no faith?' They were filled with awe and said to one another, 'Who can this be? Even the wind and the sea obey him.'

People may wish to share a 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 a prayer and the Sign of the Cross

# LECTIO IS NOT

Study

Reading a novel

Homework

Difficult

Rushed

# SOME TIPS

Use a short passage

Choose a book and work slowly  
through it

# FURTHER TIPS

Begin with a part of the Scripture that you  
find a little easier - a Gospel is ideal

If you are alone, 'start small' -  
perhaps 10 minutes or so

There is no need to rush