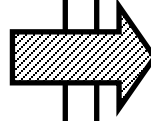


# Lectio Divina

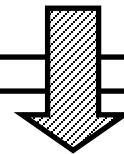
## Lectio

- “Read”
- Read several times, be attentive to detail
- Note verses or phrases that stand out to you
- Work to understand meaning and background



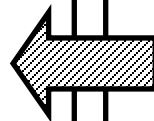
## Meditatio

- “Meditate”
- Think about reading and connect to your life
- Imagine being present to hear the passage or witness the story



## Contemplatio

- “Contemplate”
- Quiet expression of love between you & God
- Note what God is trying to teach you through the passage & time of prayer



## Oratio

- “Pray”
- Dialogue with God in prayer about passage
- Thank God for His Word
- Ask Him to lead you to deeper understanding

