

# Lectio Divina (Sacred Reading)

## The 4 R's

- 1) **Read** (Lectio): Read the Scripture passage through thoroughly
  
- 2) **Reflect** (Meditatio): Reflect upon what you have read. Ask yourself which word, which phrase, which passage speaks to you, challenges you, tugs at you this day. Which word or passage got your attention this day? Sit with these words and allow them to penetrate your spirit.
  
- 3) **Respond** (Oratio): How do you respond to the stirrings in your heart, your conscience? How does this passage challenge you to look upon the world? How does it effect your interactions with others? How does it change how you see yourself? God spoke to you; what is your response to God?
  
- 4) **Receive** (Contemplatio): Sit in the silence; sit in the Presence of God; receive what it is that God is giving you

*Remember: God's first language is Silence*