**Monastic Lectio Divina Basics**

*Guidelines from ContemplativeOutreach.org*

**Moment One: (Lectio) Read** the Scripture passage for the first time. Listen with the "ear of your heart." What phrase, sentence or even one word stands out to you? Begin to repeat that phrase, sentence or one word over and over, allowing it to settle deeply in your heart.

**Moment Two: (Meditatio) Reflect**, relish the words. Let them resound in your heart. Let an attitude of quiet receptiveness permeate the prayer time. Be attentive to what speaks to your heart.

**Moment Three: (Oratio) Respond** spontaneously as you continue to listen to a phrase, sentence or word. A prayer of praise, thanksgiving or petition may arise. Offer that prayer, and then return to repeating the word in your heart.

**Moment Four: (Contemplatio) Rest** in God. Simply "be with" God's presence as you open yourself to a deeper hearing of the Word of God. If you feel drawn back to the scriptures, follow the lead of the Spirit.

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**Mark 9:7-8 (NRSV)**

Then a cloud overshadowed them, and from the cloud there came a voice, “This is my Son, the Beloved; listen to him!” Suddenly when they looked around, they saw no one with them anymore, but only Jesus.

**Psalm 50 Nan C. Merrill**

“Gather around, my loyal friends, all who by repentance and recom pense follow the Inner Way.” The universe forever proclaims justice, and the Beloved’s Indwelling Presence guides those who hear with their heart’s ear.

**The Peace of Wild Things Wendell Berry**

When despair for the world grows in me and I wake in the night at the least sound in fear of what my life and my children’s lives may be, I go and lie down where the wood drake rests his beauty on the water, and the great heron feeds. I come into the peace of wild things who do not tax their lives with forethought of grief. I come into the presence of still water. And I feel above me the day-blind stars waiting for their light. For the time I rest in the grace of the world, and am free.

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