

## Lectio Divina Guide– A Transformational Model\*

“*Lectio divina* is a prayerful and meditative reading of Scripture employed to facilitate a transformative intimacy with God.” \*\*

*Lectio divina* is a holistic, relational, and conversational process designed to facilitate a meaningful and transformative encounter with God through the Scripture.

### *READY (Invocatio)*

Create a conversational space. Acknowledge God – his lordship, friendship, & presence. Surrender preoccupations. Invite the Spirit to make you *attentive* to the text, *perceptive* of its significance, *responsive* to the invitation, and *receptive* to being captivated and apprehended by God and his truth.

### *READ (Lectio)*

Read a brief passage of Scripture several times in a translation that resonates with you. What captures your attention intellectually or emotionally? What seems potentially meaningful to you?

### *REFLECT (Meditatio)*

Engage with the mind and emotions. Consider what you see and hear and why it is important. Pay attention to biblical connections, memories, and feelings that arise. What seems personally significant for you, and why? What is God’s invitation to you? Is it an offering or a request?

### *RESPOND (Oratio)*

What do you want to say to God in response to what you are hearing? Respond from the heart – express your desires, feelings, and convictions. Pray: “Impart in my life what you have revealed in your word.”

### *RECEIVE (Contemplatio)*

Allow yourself to be captivated by the truth and beauty that is being revealed of God and his Word. Freely express your gratitude for his presence, love, and empowering grace.

### *Review*

Write down some things that were important to you from the encounter with God and the text.

### *RESOLVE (Operatio)*

Resolve to live into what you have learned and experienced. Pray that this encounter will deepen your union with God, transform you more into his likeness, and free you to partner with the Spirit as he works in your world. Ask God to grace you to read him in your day just as you read him through the Scripture - that you will be attentive, perceptive, responsive, and receptive of his presence and activity in your day.

\* Adapted by Michael Palandro from M. Robert Mulholland, Jr., *Invitation to a Journey*, Ruth Haley-Barton, *Sacred Rhythms*, and Charles Bello, *Prayer as a Place*.

\*\*Adapted from Wilhoit and Howard, *Discovering Lectio Divina: Bringing Scripture into ordinary Life*, (IVP Books, 2012), 19.