

Lectio Divina (Divine Reading)

Read / Lectio

When we are relaxed and in a contemplative mode, we trace the Sign of the Cross on the book of Scripture, kiss the Cross we traced, and then open it to read. Some may want to focus on Scripture from the daily Mass. We aren't trying to "accomplish a goal" of reading X amount; we read what is easily digested at that time. Whichever selection we choose, we read it with our *minds*, slowly, gently, coming to an understanding of the *words themselves*.

Having a solid Catholic commentary helps us approach Scripture with the mind of the Church. We should always keep in mind Peter's admonition that "no prophecy of scripture is made by private interpretation" (2 Peter 1:20) and that Scripture can be difficult to understand, something "which the unlearned and unstable wrest...to their own destruction" (2 Peter 3:16).

If you come to a verse you don't understand, or that you understand in a way that is contrary to Catholic teaching, seek traditional Catholic commentary on it. At any rate, in Lectio, we are reading for the literal sense of the words, trying to understand *the reality the writer of the text intended to convey*.

Meditate / Meditatio

Now we meditate on what we have read, perhaps even reading it again, visualizing it and listening for the aspect of it that reveals the Divine Mysteries. We want the *deeper, spiritual* meanings of the words now ... in order to understand the *deeper reality the Holy Ghost intends to convey by arranging nature and history as He did, thereby inspiring the writer of the text to write as he did*.

Prayer / Oratio

We ask God to for the grace to be changed by what we have read, to come more fully into being what He wants us to be, and to help us apply the moral sense of the Scripture to our lives.

Contemplation / Contemplatio

We rest in gratitude for God and His Word.