



LECTIO DIVINA

Reading the Scripture
Reflecting on the Meaning
Responding through Prayer
Resting in God
Responding in Action

Lectio Meditatio Oratio Contemplatio Operatio

- | | | |
|---|---------------------|----------------------|
| ➤ | <i>Lectio –</i> | <i>Reading</i> |
| ➤ | <i>Meditatio</i> | <i>Meditation</i> |
| ➤ | <i>Oratio</i> | <i>Prayer</i> |
| ➤ | <i>Contemplatio</i> | <i>Contemplation</i> |
| ➤ | <i>Actio</i> | <i>Action</i> |

Lectio –

What does the biblical text say in itself?

Meditatio –

What does the biblical text say to us?

Oratio –

What do we say to the Lord in response to his word?

Contemplatio –

What conversion of mind, heart and life is the Lord asking of us?

Actio –

The How?

How do I make my life a gift for others in charity?

The Text: John 17

- | | |
|-------------|--|
| ➤ 17, 1-8 | Jesus' communion with the Father in prayer |
| ➤ 17, 9-19 | Jesus' communion with his disciples in prayer |
| ➤ 17, 20-26 | Jesus' communion with his future disciples in prayer |

Lectio – *Reading*

What does the biblical text say in itself?

- Prayerful Reading
 - This first step should not be passed over too quickly
 - The aim is not to understand every little detail of the text, but to discover its principal message.
-

Meditatio – *Meditation*

What does the biblical text say to us?

- Lord, what does this text say to *me*?
 - What is it about my life that you want me to change by this text?
 - What troubles me about this text?
 - What do I find pleasant in this text?
 - In the light of the passion, death and resurrection of the Lord.
 - Reflecting in the light of the tradition of your Church.
-

Oratio – *Prayer*

What do we say to the Lord in response to his word?

- A time for unscripted conversation with God.
 - Awe & wonder
 - Mercy and help
 - Praise and gratitude
 - Expressions of the love of God
-

Contemplatio – *Contemplation*

What conversion of mind, heart and life is the Lord asking of us?

- Ultimately it is God who is bring his Word to fruition!
 - That the process of forming the mind of Christ within us takes place over a lifetime.
 - Pray to the Holy Spirit for enlightenment.
 - Safe in the knowledge that the seed of God will fall on good ground,
 - and will sanctify *me*, and those who listen to the word, in ways I cannot even imagine,
-

Actio – *Action*

The How?

- How do I make my life a gift for others in charity?
-