



**Archdiocese of St. Louis
Office of Sacred Worship
Lectio Divina Bible
Outline**

Lectio Divina is a reflective reading of Scripture leading to meditation on specific passages. This is a centuries-old practice of prayer which relies on the guidance of the Holy Spirit within the heart as the person praying reads a Scripture passage and pauses to seek out the deeper meaning that God wants to convey through his Word. “It is especially necessary that listening to the word of God should become a life-giving encounter in the ancient and ever valid tradition of lectio divina, which draws from the biblical text the living word, which questions, directs, and shapes our lives” (NMI, no. 39).

Listening for the Gentle Touch of Christ the Word

- ***Opening Prayer***
- ***St. Augustine Prayer***

- ***Focus oneself***
Take a couple minutes to relax and focus. Concentrate on your breathing clear out your thoughts.

- ***Select one of the scripture passage.***
 - ✚ Some do all the scripture passages, starting with the Gospel and the first reading. Others start with the first reading and proceed in sequence.
 - ✚ Some do one scripture passage a day.
 - ✚ Anyone may “pass” at any time. If instead of sharing with the group you prefer to pray silently, simply state this aloud and conclude your silent prayer with Amen.

- ***(The Literal Sense)***
 1. One person reads aloud (twice) the passage of scripture, as others are attentive to some segment that is especially meaningful to them.
 2. Silence for 1-2 minutes. Each hears and silently repeats a word or phrase that attracts your attention.
 3. Sharing aloud: [A word or phrase that has attracted each person]. A simple statement of one or a few words. No elaboration.

- ***How Christ the Word speaks to ME (The Allegorical Sense)***
 1. Second reading of same passage by another person.
 2. Silence for 2-3 minutes. Reflect on “Where does the content of this reading touch my life today?”
 3. Sharing aloud: Briefly: “I hear, I see...”

- ***What Christ the Word Invites me to DO (The Moral Sense)***
 1. Third reading by still another person.
 2. Silence for 2-3 minutes. Reflect on “I believe that God wants me to today/this week.”
 3. Sharing aloud: at somewhat greater length the results of each one’s reflection. [Be especially aware of what is shared by the person to your right.]
 4. After full sharing, pray for the person to your right.

- ***Hail Mary and Glory Be prayer***

- ***Intentions***
 - ✚ Group will share special intentions.
 - ✚ Intentions will conclude with an Our Father.



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- *St. Michael Prayer*
- *Closing Prayer*