



# Lectio Divina

“Lectio Divina” is a Latin term which means “**divine reading.**”

It describes a way of reading the Scriptures whereby we gradually let go of our own agenda and open ourselves to what God wants to say to us.

Ready	Find a quiet space. Quiet your heart and ask God to meet you during this time
Read	Read the passage slowly three times; listen for God's voice as you read, notice any word or phrase that shimmers or catches your attention
Reflect	As you read/listen to the second time, take time to reflect on the word or phrase that has stood out for you.
Respond	As you read/listen to the text a third time, take time to ask God how He is inviting you to respond. Ask God why this caught your attention, what is He saying to you? Take time to sit and listen for God's response.
Rest	Take time to rest in God's presence and deeply receive what it is that God may be saying to you or where He may be inviting you.
Return	Take some time to reflect on God's personal invitation to you and note down any thoughts/further reflections.  As you go from here keep returning to the passage and your reflection. How will you integrate this word in your life?

Notes



## Lectio Divina Scripture Passage

The below passage is an example. Feel free to change for a different scripture, it can be long or short!



### John 15:1-8

1 "I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. 3 You are already clean because of the word I have spoken to you. 4 Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

5 I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. 8 This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."