

Lectio Divina

A traditional monastic prayer practice by which we listen to God speak through His Word, the Scriptures.

Begin in Prayer

Come Holy Spirit. (Pause and repeat slowly.) Heavenly Father, I know that you want to speak to me. Remove any obstacles or distractions that would inhibit you being able to speak to me. As a Father speaks to His beloved, allow my heart to hear your words of love. (Pause, and then continue with Lectio).

Lectio (Read)

Read the passage. Familiarize yourself with the reading. Write down anything that stands out to you. If you have any questions or there are things you don't understand, write those down separately; don't allow them to be a distraction. You can come back to them/ask someone later.

Meditatio (Reflect)

Read the passage again and be attentive to words, phrases or images sticking out. Write them down. Then take a few moments to consider: what you think the Lord is trying to say? How does this passage relate to you?

Oratio (Respond)

Read the passage a third time really focusing on the word or phrase. Spend time journaling and reflecting on this passage and what the Lord is saying.

Contemplatio (Contemplate)

Really allow the Lord to speak to your heart. You might use phrases such as, "Come, Holy Spirit," or "Jesus" (breathe in) / "Mercy" (breathe out) to help keep focus and mindful.

Close in Prayer

Are there any practical actions you need to take to let this time bear fruit today, and in the days to come?

When finished, thank God for speaking. Pray an Our Father.

30-Day Walk with Jesus

Use the Lectio Divina Guide to pray through these passages as you journey with Jesus.

Day 1

Luke 1: 26-38

Day 2

Luke 2: 1-20

Day 3

Luke 2: 41-51

Day 4

Matthew 3: 13-17

Day 5

Matthew 4: 1-11

Day 6

John 1: 35-51

Day 7

John 2: 1-12

Day 8

Matthew 5: 1-12

Day 9

Mark 6: 30-44

Day 10

John 6: 35-41

Day 11

Matthew 5: 13-16

Day 12

John 9: 1-41

Day 13

Luke 5: 17-26

Day 14

John 11: 1-44

Day 15

Mark 10: 17-22

Day 16

Mark 12: 28-34

Day 17

Matthew 16: 13-19

Day 18

John 12: 12-19

Day 19

Luke 22: 1-6

Day 20

Matthew 26: 17-29

Day 21

Luke 22: 47-53

Day 22

Luke 22: 54-62

Day 23

Matthew 27: 11-26

Day 24

Luke 23: 33-34

Day 25

Luke 23: 39-43

Day 26

Luke 24: 1-8

Day 27

Luke 24: 13-35

Day 28

John 21: 15-17

Day 29

Matthew 28: 16-20

Day 30

Acts 2: 1-13