

## **Lectio Divina (Divine Reading)**

*Lectio Divina* is a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's Word. It does not treat Scripture as texts to be studied, but as the Living Word.

### **5 Simple Steps:**

- 1) **Read:** Read the passage out loud.
- 2) **Meditate:** Read the passage a second time. Listen for a word or phrase that speaks to you.
- 3) **Pray:** Read the passage a third time. Reflect on how God may be speaking to you through that word or phrase.
- 4) **Contemplate:** Read the passage a fourth time. Reflect on how God may be calling you to act through the word or phrase that spoke to you.
- 5) **Act:** Close with a prayer of gratitude and response to God's invitation.

### **With Children:**

- 1) **Read:** one person reads the passage aloud.
- 2) **Meditate:** someone else reads the passage for a second time. Everyone listens carefully and picks out a word or phrase that 'speaks to their heart'. Share these words/phrases with the group.
- 3) **Pray:** someone reads the passage for a third time. Talk about how God might be speaking to us through these words/phrases (What do they mean for us?)
- 4) **Contemplate:** someone reads the passage for a fourth time. Ask the children to think about how God calling us to act in a certain way through this Scriptural passage. What can we learn from this? How should we act?

***Listen out for children's questions about God which may arise at this point.***

- 5) **Act:** close with a simple prayer to say thank you to God. The prayer could be teacher-led or child-led.

Through *Lectio Divina*, you could also encourage the children to draw/paint illustrations of the Scriptural passage they have shared. Talk about which parts of the picture draw their attention, then talk about what it might teach them about God, and how God is speaking to them through the illustration.