

Lectio Divina – Brief Primer
From St. Andrew's Guelph Goes ZOOM
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Lectio Divina (Divine Reading)
Four Steps

Lectio – Reading

Meditatio – Meditation

Oratio – Prayer

Contemplatio – Contemplation

Begin by selecting a short reading – most obviously a Scripture reading from The Bible, but you could also use something from another faith tradition's sacred texts like the Tao Te Ching, or maybe the poetry of Rumi or even a quote from a speech from a great leader.

Lectio – Read it through several times (3-4 times) and as you do so bring to mind (and if you wish, write them down) words, phrases, and questions that arise for you. Remember, this is not an intellectual or academic exercise. It is seeking to connect deeply with the words, God, and the universe. Seeking to hear what is most present for you.

Meditatio – Read the passage again one more time slowly and carefully. Pausing from time to time. And taking some time to reflect on the words, phrases and questions that are sticking with you. Asking yourself, *“What is this passage trying to tell me?”*

Oratio – Take some time, as much as you need or have, to begin a conversation with the Divine, the Universe or yourself. Bring these words, phrases or questions into that conversation. Asking yourself, *“What do I need to express deep down?”* or *“What am I longing for?”*

Contemplatio – To conclude, take as much time as you want to be still, silent and present with yourself and the Divine. Remind yourself that you are not alone. That the love of God or the universe surrounds you and embraces you every day. You might choose to end by simply repeating one of the words or phrases that stood out for you several times. Or no words are good too.

Happy Reading... in a meaningful way!

The Rev. John Borthwick (March 2020)