

Lectio Divina Steps



Step One: Lectio (Reading)

The first of the Lectio Divina steps is to slow down and let the Word speak. Choose a short passage and read it slowly—twice. Don't analyze. Just listen.



Step Two: Meditatio (Meditation)

This step is about reflection. Gently chew on the Word and ask, Why this word? What is God showing me? Let it settle in your heart.



Step Three: Oratio (Prayer)

Now you respond. This is your honest conversation with God. Maybe you're thankful. Maybe you're confused. Maybe the Scripture stirred up pain or longing.



Step Four: Contemplatio (Contemplation)

After reading, reflecting, and praying, you rest.



Optional Step Five: Actio (Action)

Think about how this passage might influence your choices today. Is there something you need to do, say, or let go of?