

LECTIO DIVINA AND THE SACRED LITURGY

Prayer is the lifting up of our hearts and minds to God. We do this through vocal prayer, meditation, and contemplation, which deepens our relationship with Christ our Savior and our Lord.

Vocal prayer comes from our hearts to our lips. Saying prayers provides a good start for communicating with God. **Meditation** comes from our hearts to our imagination. Thinking about God and dialoguing with God is even deeper. **Contemplation** comes from God to our hearts. Just being with God is a silent experience within the quiet of our hearts.

Let us explore this ascent to God through the traditional practice of Lectio Divina and compare it to our prayer worship at the Eucharist. **Lectio Divina** provides us with a proven spiritual pathway to communicating with God through the Holy Scriptures. **The Sacred Liturgy** parallels the pathway of Lectio Divina in both Word and Sacrament.

Here are the four steps of Lectio Divina that lead us to an encounter with God, and likewise with the Sacred Liturgy: **Lectio** – read the selection of Scripture, **Meditatio** – meditate on the Scripture selection, and **Oratio** – pray to God in dialog about the Scripture, and **Contemplatio** – contemplate God's goodness to you

Read, meditate, pray, contemplate, and then, repeat! Lectio Divina is not just for monks anymore. It is for every Christian! It is for every day! It is for you!

ASCENDING TO GOD THROUGH LECTIO DIVINA



Lectio Divina and the Sacred Liturgy

- 1: Reading – Liturgy of the Word
- 2: Meditation – Homily
- 3: Prayer – Eucharistic Prayer
- 4: Contemplation – Holy Communion

Catholic Bibles usually have outlines and sectional headings for each book. These markers make your selection for Lectio Divina more practical. The New American Bible is used for the Mass.

ASCENDING TO GOD THROUGH THE SACRED LITURGY



The Sacred Liturgy and Lectio Divina

- 1: Liturgy of the Word – Reading
- 2: Homily – Meditation
- 3: Eucharistic Prayer – Prayer
- 4: Holy Communion – Contemplation

The daily Mass readings provide good choices for Lectio Divina outside of Mass. You can also prepare for the Mass readings by going to USCCB.org for the Mass readings online each day.

OTHER APPROACHES TO LECTIO DIVINA

Option One: Prayerfully read and reflect on a selection of Sacred Scripture, then ponder the following points:

- What do I think about what I have read?
- How do I feel about what I have read?
- What am I going to do about what I have read?

Now, offer up your thoughts, feelings, and commitments to God in attentive silence.

Option Two: Here is another approach to Lectio Divina:

- Read a selection of Sacred Scripture prayerfully.
- Reflect on it with your mind, heart, and will.
- Respond to it in some practical way in your life.

Read, reflect, respond, and then repeat – at least every day!

Option Three: Here is yet another approach to Lectio Divina:

- Read a selection of Sacred Scripture prayerfully.
- Meditate on what you read and pray over it.
- Contemplate on the Holy Spirit now present within you.

Read, meditate, contemplate, and then repeat – every day!

Prayerfully explore your own approaches to Lectio Divina each day!