

## **Lectio Divina: getting started.**

Choose an environment without too many distractions:

firm and supportive chair; temperature not too hot or cold; no radio, music or telly in hearing; a time when you are not likely to be disturbed.

Read through the pericope of scripture, without stopping.

Identify the type of literature it represents:

Is it history? Prophecy? Parable? Theological revelation?

Pray silently and briefly, asking God to lead you into the heart of the passage.

Read the passage again focussing on the detail of the language:

The use of adjectives to conjure up a picture; the use of adverbs to describe emotion; the use of prepositions to indicate the interaction of human and divine.

Pause then pray again, letting your mind dwell on your perceptions.

Read again, reflecting on the author's purpose in writing:

What message is the author trying to get across, and for whom was it originally written? How does it affect the Church's understanding of God?

Pray again, reflecting on your part in the Church's life and understanding of the divine.

Read again, seeing how the passage speaks to your own situation today.

Does it affirm you? Does it challenge you? Does it encourage you? Is there no special message for you in the passage?

Give thanks to God for his inspiration in the passage of scripture, and for your understanding of the message.

Rest quietly for a few minutes before going on to other activity.