

LECTIO DIVINA

Lectio Divina, a Latin term meaning “Divine Reading” is an ancient form of slowly, meditatively, and prayerfully praying the Scriptures. This form of prayer allows us to let go of our own agenda and open ourselves to what God wants to say to us. The process of *Lectio Divina* was described centuries ago by a monk named Guigo the Carthusian as the steps of a four-rung ladder that lifts us up from earth to heaven. Those four steps are: *Lectio* (reading), *Meditatio* (meditation), *Oratio* (prayer), and *Contemplatio* (contemplation).

To enrich your prayer life with *Lectio Divina*, use it to pray with a portion of a Gospel or one of the other readings of the day. Many people use it to great benefit when reading the Psalms, which are meant to be prayed. In this WINE Journal, pray the Scripture that is referenced in each daily reflection. Here’s a simple way to start:

PRAYING WITH SCRIPTURE:

1. Read a Scripture (a verse or specific verses) and read it a second time more slowly. Then read it for a third time, noting the words or thoughts that jump out at you.
2. Now, ask yourself, What do I hear? (Write down the words or phrases that stand out to you as you read.)
3. What does it mean? (Write down what you think about those words, or why you think they’re important.)
4. What is Jesus saying to me? (Write what you hear Jesus saying into your heart, and respond to him.)