

LECTIO DIVINA

“*Lectio divina*” means “divine reading” in Latin. In *lectio divina*, we read and re-read a Scripture passage slowly and prayerfully. This creates an environment where we can hear the voice of God in order to contemplate our personal *fiat*.

Use the following to lead the meditation:

Begin with the Sign of the Cross.

We are going to listen to the Word of God. As we listen, try to fully understand the who, what, when, where, and why of the passage.

Slowly read Luke 1:26-28. Pause after you finish reading to allow a few moments to reflect.

We are going to listen to the passage a second time. As the passage is read, listen for a word or phrase that stands out to you. Meditate on that word or phrase. Other thoughts may come to mind — that is OK. Acknowledge them and let them pass.

Slowly read Luke 1:26-28. Pause after you finish reading to allow a few moments to reflect.

Ask yourself: Why does this word or phrase stand out to me? What part of my life does this word or phrase bring to mind? What does this word or phrase make me want to do? How have I seen this word or phrase act in my life?

Pause for a few moments.

We ask God for the grace to be changed by what we have read, to more fully become who He wants us to be, and to help us apply this Scripture to our lives. Speak to Jesus and ask Him: What are you asking me to pick up? What are you empowering me to create? What adventure are you trying to lead me on? What are you saying to me?

Pause for a few moments.

Lectio divina ends when we rest quietly in God’s presence with the same confidence and trust that Mary had when she made her *fiat*. No words are necessary at this point. We rest in gratitude for God and His Word.

Close your eyes. Thank God for the way He has spoken to you through His Word. Slow your thoughts and focus on God.

It may be difficult for us to sit in silence. We may feel like we do not know what to do with ourselves. We may even become antsy or our minds may begin to wander. Be mindful of where your mind is going and gently bring it back to God. It takes time to develop this kind of patience, so do not get frustrated if you have to bring yourself back often. We may find that we do not feel any connection to God — that is OK. He is pleased that we are trying to connect with Him.

Pause for an extended period of time.

Thank you, Lord, for this time.

Close with the Sign of the Cross.