

# *Lectio Divina*: Meditating with the Word of God

*We begin by calling on the Holy Spirit, asking for his assistance. Then we proceed to read and to meditate the Sacred Text in Five Movements, using each time a different human quality.*

**[Seek and you shall find, knock and it shall be opened to you (LK 11:9)]**

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| The <b>First Movement</b> is called <i>Lectio</i> , which is to read the Sacred Text:<br>Using the <b>Intellect</b> we <i>seek</i> for the objective meaning of the Text |  |  |
| Characters:<br>Who are the characters in the reading?  | Circumstances:<br>Events, when, how, where, & why? | Teachings:<br>What does the reading say? |
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| The <b>Second Movement</b> is called <i>Meditatio</i> , which is to meditate the Sacred Text:<br>Using the <b>Heart</b> we <i>find</i> what the text is saying to me. |   |   |
| Assimilation:<br>What is the text telling me?   | Association:<br>How does it affect my life? | Correlation:<br>What does it remind me off? |
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| <p>The <b>Third Movement</b> is called <i>Oratio</i>, which is to pray with the Sacred Text:<br/>Using our whole <b>Being</b> we <i>knock</i> by engaging in conversation with God through prayer</p> |  |   |  |
| <p>Recognize:<br/>What is the Text asking me to do or to change?</p>  | <p>Implore:<br/>That God may give me the Grace to do it.</p> | <p>Thank:<br/>The Lord beforehand for the gift.</p> | <p>Trust:<br/>In God's Providence to achieve the goal.</p> |
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| <p>The <b>Fourth Movement</b> is called <i>Contemplatio</i>, which is a passive act of contemplation:<br/>Using <b>Nothing</b>, we let the Lord <i>open</i> to us and <i>reveal</i> to us <i>whatsoever, however and whenever</i>.</p> |   |   |
| <p>Contemplate:<br/>God's love through the message He has given me.</p>  | <p>Comprehend:<br/>That I am a part of His plan &amp; that despite my faults He loves me.</p> | <p>Taste:<br/>I Enjoy the beauty of His gifts and the healing power of His mercy.</p> |
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| <p>The <b>Fifth Movement</b> is called <i>Actio</i>, which is an active resolution to make the Text come to life:<br/>Using the power of the <b>Will</b>, we <i>enter</i> to cooperate (<b>FIAT</b>) with God's grace to act upon the Word.</p> |                                     |  |
| <p>Recognize:<br/>What is it that I am supposed to do?</p>  | <p>Plan:<br/>How I am to do it?</p> | <p>Evaluate:<br/>How am I progressing?</p> |
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*We conclude our Lectio by offering a prayer of thanksgiving to God for all gifts received.*