

# Lectio Divina

Divine Reading  
Prayer and Liturgy Programme.

Year 11  
St. Cecilia's



## LECTIO DIVINA

Reading the Scripture  
Reflecting on the Meaning  
Responding through Prayer  
Resting in God  
Responding in Action

*Meditatio Oratio Contemplatio Operatio*



## The Four R's of Lectio Divina

### ***Lectio (Reading)***

Take your time and read the passage. Get a sense of what it is saying. Read the passage a second time. Listen for any words or phrases that strike you, and listen in your heart.

### ***Meditatio (Reflecting)***

Read the passage again, slowly. As you pause on the words or phrases that strike you, take time to consider what the word, phrase, or passage means, particularly in your life.

### ***Oratio (Responding)***

Read the passage again, slowly. Consider now how God has spoken to you in this passage and respond back to Him. You may want to consider how this passage is asking you to act differently.

### ***Contemplatio (Remaining)***

Now take some time to simply remain in the presence of God.



**Step 1** : Music Read slowly

**Lectio: Read.**

Circle or underline any words or phrases that stand out to you.

## A Prophet Without Honor

Jesus left there and went to his hometown, accompanied by his disciples. <sup>2</sup> When the Sabbath came, he began to teach in the synagogue, and many who heard him were amazed.

“Where did this man get these things?” they asked. “What’s this wisdom that has been given him? What are these remarkable miracles he is performing? <sup>3</sup> Isn’t this the carpenter? Isn’t this Mary’s son and the brother of James, Joseph, <sup>[a]</sup> Judas and Simon? Aren’t his sisters here with us?” And they took offense at him.

Jesus said to them, “A prophet is not without honor except in his own town, among his relatives and in his own home.” <sup>5</sup> He could not do any miracles there, except lay his hands on a few sick people and heal them. <sup>6</sup> He was amazed at their lack of faith.

## Step 2:

- Read gain on your own .(From the screen or on paper)
- Place the reading in the middle of your group / pair
- Circle or highlight any words that you do not understand or you feel are important.
- Have a talk about what you feel this reading is about
- Discuss what you underlined and say why?



**Step 2** : Music

Read slowly again

**Meditatio - Reflect** :

Think about how God has spoken to you. How might you be asked to act differently?

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**Step 3** : Music

Think about how God is asking you to act differently

**Oratio - Respond**

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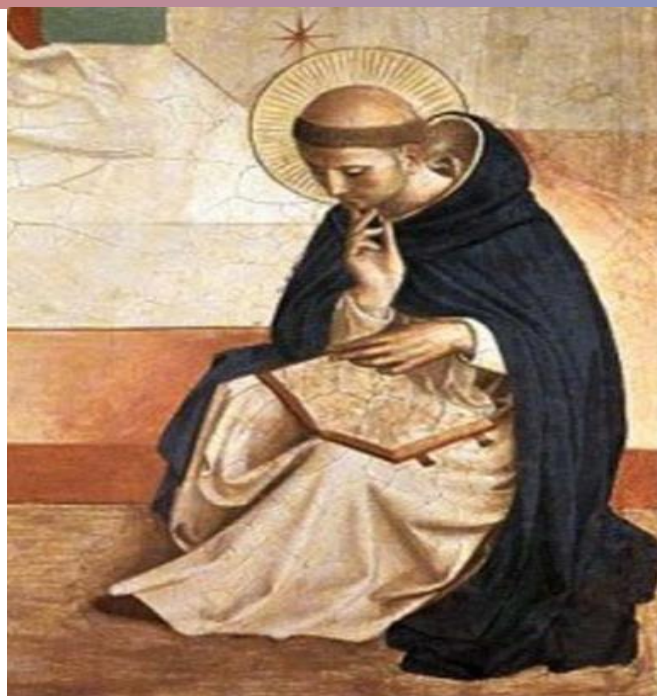
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Step 4 : Take some time to simply remain in the presence of God

**Contemplatio: Remaining**



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## R<sup>1</sup> Relax

Take a deep breath. Let your mind relax. Let go of the day. Let go of your to do list. Come present to this moment with God.

## R<sup>2</sup> Read

Slowly read the passage. Pause. What words or verses stand out to you? Read the passages again. Pause. Notice. Repeat a third time.

## R<sup>3</sup> Reflect

Ponder the passage. What words or feelings came to mind? What drew your attention? What is stirring inside you now?

## R<sup>4</sup> Respond

Respond to God in prayer. Express your heart. Ask for more understanding regarding what the Holy Spirit has highlighted.

## R<sup>5</sup> Rest

Take another deep breath. Soak in the Lord's presence. Rest and receive. Listen to the still small voice of the Holy Spirit within you.