



At the TABLE with Keith Anderson

At the Table Lenten series, April 6, 2025

How to practice Lectio Divina

Lectio Divina (Latin for "Divine Reading") is a traditional Christian practice of meditative Scripture reading, prayer, and contemplation. This practice deepens one's relationship with Scripture and God, transforming reading into a lived experience.

1. Preparation (Silencio)

- Find a quiet place and center yourself in God's presence.
- Offer a brief prayer, asking the Holy Spirit to guide your reading and reflection.

2. First Reading – Lectio (Reading: What does the text say?): select a text from the gospels.

- Read the passage slowly and attentively.
- Listen for words or phrases that stand out to you.
- Consider the basic meaning of the passage in its context.
 - Sit in silence for a moment to absorb the reading.

3. Second Reading – Meditatio (Meditation: What does the text say to me personally?)

- Read the passage again, deliberately and prayerfully.
- Reflect on how God is speaking to you through the passage.
- Ask yourself:
 - How does this passage relate to my life?
 - What emotions or thoughts arise as I read?
 - Let the words sink deeply into your heart.

4. Third Reading – Oratio (Prayer: What do I say to God?)

- Read the passage a third time, letting it inspire your personal response.
- Engage in a conversation with God about what you have received.
- Express gratitude, ask for guidance, or seek strength to apply the message to your life.
- Offer any burdens or struggles in prayer.

5. Contemplatio (Contemplation: Resting in God's Presence)

- Sit in silence, resting in God's presence.
- Let go of words and thoughts, simply enjoying communion with God.
- Allow God's word to dwell in your heart without effort or analysis.

6. Actio (Action: How do I live out what I have received?)

- Consider a concrete step you can take based on your reflection.
- Carry the message of the passage with you throughout your day.
- Seek to embody God's word in your actions and relationships.