Imagine you meet someone who wants to get to know Jesus better but has never really read the Bible before. Since you go to a Catholic school this person figures you will have some good advice on this topic. So, what would you tell this person? Think of at least three solid bits of advice that you would give to this person and be ready to share them with the class.
Lectio Divina

Bible Booya!
Lectio Divina 101

Pronounced: Lex-ee-oh Duh-veen-uh Latin for “Divine (Godly) Reading”

What is Lectio Divina?

Lectio Divina is an ancient practice of reading the Bible in a slow and prayerful way. When done properly, Lectio Divina helps readers experience God speaking to them through the scriptures.

Why is Lectio Divina important?

“If Lectio Divina is effectively promoted, this practice will bring to the Church – I am convinced of it – a new spiritual springtime.” – Pope Benedict XVI
The “Movements” of Lectio Divina

☐ Step #1 – “______________ Statio ___________” (____________ Position ___________)
Prepare by getting away from __________ distractions (find a quiet room, turn off all electronics, etc.), then get into a calm, prayerful state (close your ___________ eyes, breathe ___________ deeply, repeat a slow and simple prayer, etc.).

☐ Step #2 – “______________ Lectio ___________” (____________ Reading ___________)
Read (either silently or aloud) a ___________ small section (between 1 verse and a short chapter) of the Bible (the ___________ Gospels are an excellent place to start). When you read be sure not to rush. The goal is not to finish quickly, but to soak it all in ___________ slowly.

☐ Step #3 – “______________ Meditatio ___________” (____________ Meditation ___________)
Read what you just read ___________ again, this time stopping at words or phrases that “__PUNCH__” you or “__jump__” out at you (you may want to underline, highlight, or write down these words or phrases as you read). Meditate on each word or phrase, asking, “Why are these words or phrases jumping out at me? What is it God wants to ___________ tell ___________ me?”
Step #4 – “________________________” (________________________)
Pray with the ______word____ or phrases you just meditated on. Allow them to sink deep into your soul. Ask God to ______change____ your life with what you read.

Step #5 – “________________________” (________________________)
Sit and enjoy the presence of God. Think about how much God ______loves____ you (literally to ______death____). Imagine God giving you a big ol’ bear ______hug____ or ______snuggle____. Let God hold you and allow Him to love you.

Step #6 – “________________________” (________________________)
When doing Lectio Divina with another person or a group, spend time ______discussing____ how God spoke to you through what you read.

Step #7 – “________________________” (________________________)
“If you fail to ______plan____, you plan to ______fail____.” Commit to some kind of an ______action____ step based on your Lectio Divina time. Ask yourself, “What am I going to ______do____ today/this week/for the rest of my life because of this?”
Another way to describe the 4 main movements:

1. **LECTIO** = ___________________________ **TAKE A BITE**
   
   (In other words: ___________________________ Read it 1x)

2. **MEDITATIO** = ________________________ **CHEW IT**
   
   (In other words: _________________________ Read it again)

3. **ORATIO** = ___________________________ **SAVOR IT**
   
   (In other words: ___________________________ Think about what you read)

4. **CONTEMPLATIO** = _________________ **DIGEST IT**
   
   (In other words: ___________________________ Turn what you read into saintly energy)