



Lectio Divina

The Method

There are many methods of Lectio Divina. We have highlighted this method, favored by St. Vincent de Paul, for its clarity and simplicity and the clear call to action. Below you will find some words that mean different things to different people. We have specified what they mean so you can move through the method with ease.

A grace is a help or favor from God. God gives us graces to help us in a particular situation.

Lights are insights God gives us personally to help us better understand Scripture, people, situations, or Him.

Resolutions are concrete steps we can take over the next day in response to what God has revealed through His grace & light.

Prepare (3-5 mins)

Begin by quieting your phone and your heart. It is good to remind yourself that God is present and desires to spend time with you. We can also ask for the grace to pray well, God wants to help us pray.

Read (10-15 mins)

Read through the Sunday Gospel once slowly. Linger with the text. Highlight or underline any word, phrase, or image that stands out to you. Ask yourself: How is Jesus present to me in the text?



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Read the passage slowly a second time. Again, take a few minutes to ponder the text. Ask Jesus: What do you want me to hear? What do you want me to see? What graces and lights are you offering?

Resolution (5-10 mins)

How is Jesus prompting apply to your life? How can you respond? If you are unsure, ask him! What one practical thing can you do in your everyday life in response to what was revealed? Write down your resolution below.

Example: Once a woman was praying with the story of the prodigal son. She heard Jesus invite her to be the father in the story. As she looked over her day, she recalled she was having lunch with her daughter that day. They had had a falling out and she was not looking forward to it but she accepted Jesus' invitation to stand in the place of the Father and be a presence of love to her daughter. This begin a process that ended in the restoration of the relationship!

Close in Silence (3-5 mins)

Sit in silence with Jesus and receive the love he is pouring out. When you have finished, thank Jesus for the lights and graces he gave, for the resolution he inspired you to take, and for the grace to see it through!