

BEHOLD

PSALM 27:4
LECTIO DIVINA

LANE M. ARNOLD

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LECTIO DIVINA

The formal components of Lectio take place as we read through a passage of Scripture four times, slowly. We read and sit and ponder and listen and soak in God's whispers to our heart.

- **Lectio:** Delve into the Word.
- **Meditatio:** Dip into one word or phrase
- **Oratio:** Discuss with God
- **Contemplatio:** Deepen into the word or phrase by being in God's presence

Practically, it looks like this:

- **Be in God's Word** – stop, settle in, pause
- **Be with one word or phrase** – sit with, behold deeper, ponder
- **Be at home with God's voice** - listen and respond
- **Be at rest with God** – soak in His presence and carry this into the day.



Lectio

Read the text slowly and prayerfully, constantly listening for that word or phrase God has prepared for you. You may want to re-read the same text multiple times to help quiet yourself interiorly and focus on God's voice. Listen and receive the word that God speaks to you.

PSALM 27:4

One thing have I desired of the Lord;
that will I seek after:
that I may dwell in the house of the
Lord all the days of my life,
to behold the beauty of the Lord
and to inquire in His temple.

Meditatio

Slowly read the passage again. This time, when a word or phrase strikes you, stop and rest with it. Repeat the word or phrase to yourself. Allow it to speak to you personally by pondering the word in your heart, and reflecting on what it means to you. Meditate on it. Repeat it to yourself, allowing it to interact with your thoughts, hopes, memories, and desires.

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Oratio

Slowly read the passage a third time. Hear the word or phrase that stands out to you and take note.

Prayer is your response to God's word. It begins your dialogue with God that comes from your heart. Formulate a prayer, as a response to God.

What do you want to say to the Lord in response to the word spoken to you?

Enter into this loving conversation with God. Write your prayer below.

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Contemplatio

Rest in God's presence and receive His transforming embrace. Sit still with God, realizing that in this deep and profound relationship, words are not necessary. Be content and at peace with a wordless, quiet rest in God, which brings joy to the heart. Remember that contemplation is not your action or doing, rather it is allowing God to act in you.

Journal your insights below.

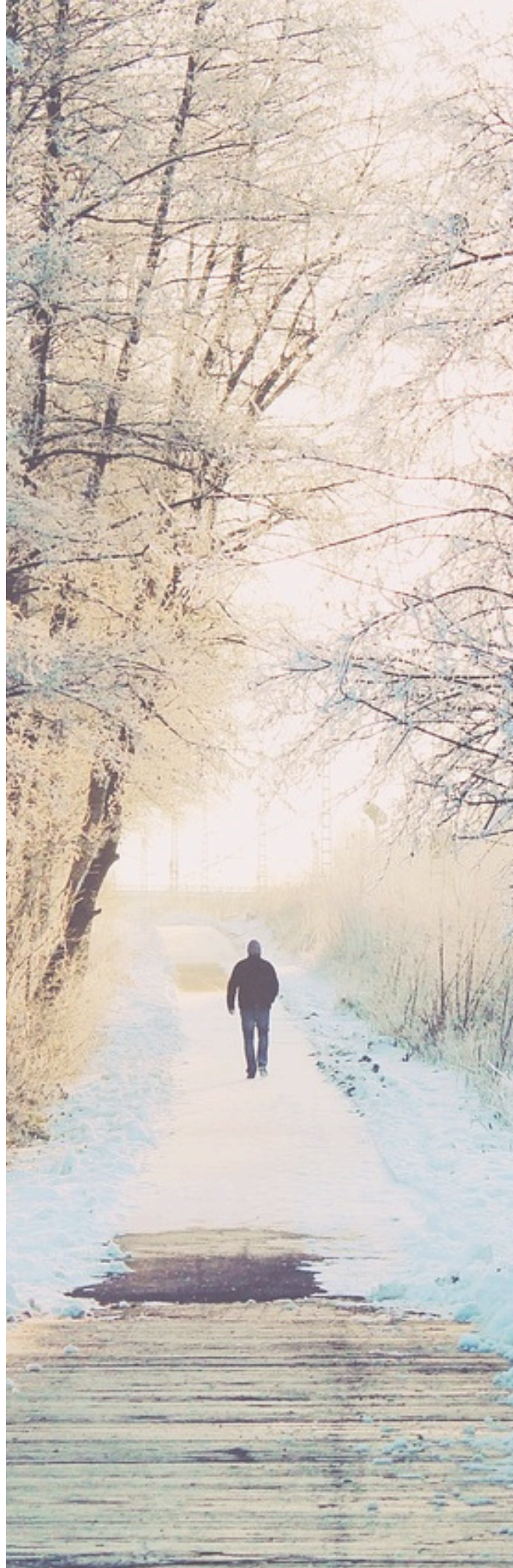
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RECOMMENDED SCRIPTURE FOR LECTIO DIVINA

Other scripture passages for
Lectio Divina:

- Psalms 23, 27, 34, 42, 46, 51, 61, 63, 73, 121, 145 (or really ANY Psalm!)
- Isaiah 40, 43
- Jeremiah 18:1-6
- Lamentations 3
- Luke 7:36-50, 8:4-8
- John 15
- Romans 8
- 1 Corinthians 2, 13



Lane M. Arnold
Editor, Book Coach, Writing Coach,
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Lane Arnold

Lane delights in the creative invitations of the wild, winsome, and wondrous Trinity as a spiritual director. With the heart of a teacher and the joy of an encourager, she savors her directees while holding space for both lament and delight.

An experienced listener, Lane holds a certificate in Christian Formation and Soul Care from Denver Seminary and has trained in the Spiritual Exercises of St. Ignatius. She treasures time with her husband, children, and grandchildren, savoring laughter, dark chocolate, fresh raspberries, and barefoot walks on the beach. Her favorite sound is the heartbeat of her heavenly Father.



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