



The ancient spiritual practice of lectio divina

is a fitting practice for the pilgrim because it focuses on Sacred stirrings and gathering new insight. It's not so different from the way the pilgrim encounters the world: filled with intentionality, curiosity, and desire, the pilgrim takes in (1. read), ponders (2. meditate), encounters (3. pray), and reflects (4. contemplate).

Join me this Lent in reading the gospel of John through the practice of *lectio divina* as we glean spiritual wisdom both old and new.

COPYRIGHT © 2015 A SACRED JOURNEY, ALL RIGHTS RESERVED

HOW TO PRACTICE LECTIO DIVINA

1. *lectio* | READ

Read the passage through many times. Read it aloud, read it silently, and read it slowly, pausing between each line or phrase.

As you continue to read the text, note what stands out to you: What draws you in? What resonates with you? What makes you uncomfortable? What leaves you with questions? You will take this phrase (or with art, an image) with you into step 2, meditation.

2. *meditatio* | MEDITATE

Now it's time to focus in on the phrase that stood out to you. Bring the phrase to mind and meditate on it; repeat it in your mind slowly, noticing what comes up for you. As feelings emerge, let them sink in without distracting you from your meditation—the phrase might still have more to give.

3. *oratio* | PRAY

As you transition from meditation into prayer, begin communicating with God about the phrase that stood out to you. Explore what made the phrase stand out to you initially and share any feelings that came up for you during your meditation. As you share these things in prayer, take note of any new insight you are given in regards to the text and/or what has been awakened in you through your phrase.

4. *contemplatio* | CONTEMPLATE

As your time in prayer comes to a close, spend a few minutes in God's presence contemplating what has happened within you throughout the time of reading, meditation, and prayer. Bring to mind any new insights you've received during this time, whether personal or in relation to the text, and let them sink in, coloring your way of being. You might be surprised how much such a simple and quiet process can alter your perspective and give you new direction.

| | | | |
|---|---|--|---|
| <i>ash wednesday</i> JOHN 1:1-18 | <i>monday</i> JOHN 5:19-29 | <i>saturday</i> JOHN 8:12-20 | <i>thursday</i> JOHN 11:38-44 |
| <i>thursday</i> JOHN 1:19-28 | <i>tuesday</i> JOHN 5:30-46 | <i>fourth sunday of lent</i> JOHN 8:21-30 | <i>friday</i> JOHN 11:45-57 |
| <i>friday</i> JOHN 1:29-34 | <i>wednesday</i> JOHN 6:1-15 | <i>monday</i> JOHN 8:31-38 | <i>saturday</i> JOHN 12:1-11 |
| <i>saturday</i> JOHN 1:35-51 | <i>thursday</i> JOHN 6:16-21 | <i>tuesday</i> JOHN 8:39-59 | <i>palm sunday</i> JOHN 12:12-19 |
| <i>first sunday of lent</i> JOHN 2:1-12 | <i>friday</i> JOHN 6:22-59 | <i>wednesday</i> JOHN 9:1-12 | <i>monday</i> JOHN 12:20-26 |
| <i>monday</i> JOHN 2:13-23 | <i>saturday</i> JOHN 6:60-71 | <i>thursday</i> JOHN 9:13-34 | <i>tuesday</i> JOHN 12:27-36 |
| <i>tuesday</i> JOHN 3:1-21 | <i>third sunday of lent</i> JOHN 7:1-9 | <i>friday</i> JOHN 9:35-41 | <i>holy wednesday</i> JOHN 12:37-50 |
| <i>wednesday</i> JOHN 3:22-30 | <i>monday</i> JOHN 7:10-24 | <i>saturday</i> JOHN 10:1-21 | <i>maundy thursday</i> JOHN 13:1-18:27 |
| <i>thursday</i> JOHN 3:31-36 | <i>tuesday</i> JOHN 7:25-36 | <i>fifth sunday of lent</i> JOHN 10:22-42 | <i>good friday</i> JOHN 18:28-19:37 |
| <i>friday</i> JOHN 4:1-42 | <i>wednesday</i> JOHN 7:37-39 | <i>monday</i> JOHN 11:1-16 | <i>holy saturday</i> JOHN 19:38-42 |
| <i>saturday</i> JOHN 4:43-54 | <i>thursday</i> JOHN 7:40-52 | <i>tuesday</i> JOHN 11:17-27 | <i>first sunday of easter</i> Sun. 20:1-29 |
| <i>second sunday of lent</i> JOHN 5:1-18 | <i>friday</i> JOHN 7:53-8:11 | <i>wednesday</i> JOHN 11:28-37 | <i>easter monday</i> JOHN 20:30-21:24 |