

Structural Outline of The Lectio Divina

When we meditate on Sacred Scripture via the Lectio Divina we can also embark on meditating on the nourishing truths of the Church embodied in the Catechism of the Catholic Church.

We must keep in mind that Sacred Scripture drives the Doctrinal content of the Church. You can easily view the footnotes of each article within the Catechism to see where the development of Doctrine takes place.

LECTIO (“reading”): Select a section within Sacred Scripture that you would like to meditate on. Second, within the section select a specific article that draws your attention.

Read the specific passage selected three times in order to gain a basic grasp of the content and message.

MEDITATIO (“meditation”): Once you selected the specific Scripture passage you would like to meditate on begin to dive deeper into the passage to gain a better appreciation about the teachings of the Church.

Spend at least five minutes preferable ten minutes meditating on the selected passage. Begin to see how you can apply this Scripture passage in your daily life.

ORATIO (“prayer”): After careful meditation, the next step is to call upon the Holy Spirit for guidance in praying with Sacred Scripture. This involves an intentional act of prayer reflecting on the selected passage. This practice is similar to mediating on the “Memorare” or the “Angelus.” You recite the passage vocally or quietly in an act prayer and devotion.

CONTEMPLATIO (“contemplation”): This final step asks us to respond to God’s call in how we are to live out our faith in light of the passage you have been meditating and praying. It’s surrendering to the Word of God and discern what God is asking of us.