

■ Lectio Divina ■

By Fr. Charlie Chilufya, S.J.

Lectio Divina is an ancient way of praying with Scripture. It invites us to listen with the heart and let God's Word shape our lives.

1■■ Lectio (Read)

Read the passage slowly. Notice words or images that touch you.

2■■ Meditatio (Meditate)

Stay with the word or phrase that stirs you. Let it echo in your heart.

3■■ Oratio (Pray)

Respond to God in your own words — gratitude, desire, sorrow, or petition.

4■■ Contemplatio (Contemplate)

Rest in silence. Simply be with God, beyond words and thoughts.

5■■ Actio (Live It Out)

Carry one insight into your daily life. Let prayer move you to action.

■ Example: John 15:9

"As the Father has loved me, so I have loved you. Remain in my love."

→ Lectio: Notice 'Remain in my love'.

→ Meditatio: What does this mean for me today?

→ Oratio: 'Lord, help me to stay close to You.'

→ Contemplatio: Rest in His love.

→ Actio: Choose one act of love today.