

**LECTIO DIVINA**  
**“Sacred Reading”**



# PSALM 1



1 Blessed is the man who does not walk  
in the counsel of the wicked,

Nor stand in the way of sinners,  
nor sit in company with scoffers.

2 Rather, the law of the Lord is his joy;  
and on his law he meditates day and night.

3 He is like a tree  
planted near streams of water,  
that yields its fruit in season;

Its leaves never wither;  
whatever he does prospers.

4 But not so are the wicked, not so!  
They are like chaff driven by the wind.

5 Therefore the wicked will not arise at the judgment,  
nor will sinners in the assembly of the just.

6 Because the Lord knows the way of the just,  
but the way of the wicked leads to ruin.

# GUIDO'S LADDER OF MONKS

*A FOUR-STEP PROCESS  
THAT LEADS THE SOUL  
UPWARDS TO GOD*

Like climbing the rungs on a ladder,  
each rung is a springboard to the next rung.

- *Lectio*                      *READING*
- *Meditatio*                      *MEDITATION*
- *Oratio*                      *PRAYER*
- *Contemplatio*                      *CONTEMPLATE*
- *Actio*                      *ACTION*

# PREPARE A SACRED PLACE

*CONSISTENCY*

*REMOVES OBSTACLES*

*STABILITY*

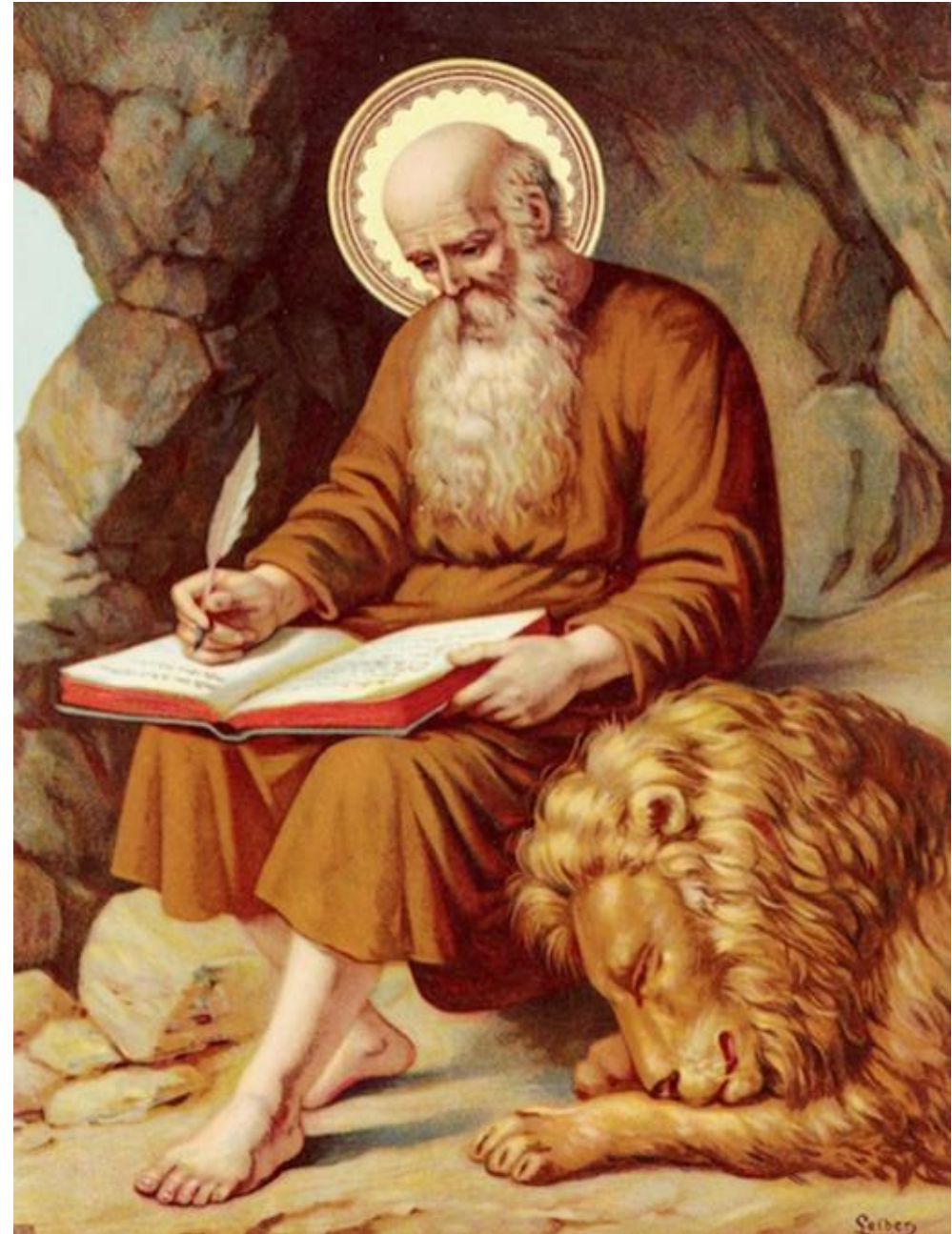


# SELECT A TEXT OF THE SCRIPTURES

*LECTIONARY*

*BOOK OF BIBLE  
(GOSPELS)*

*SINGLE VERSE*



# HAVING A REGULAR TIME



**SETTLE YOUR HEART**

*HURRY IS THE ENEMY OF  
LECTIO*

*COME WITH HUMBLE  
HEART*



# LECTIO: WHAT DOES THE TEXT SAY IN ITSELF?



**MEDITATIO:**  
*What is the  
spiritual  
meaning of the  
text?*



*ABOVE ALL ELSE  
GUARD YOUR HEART,  
FOR IT IS THE  
WELLSPRING OF LIFE.*

**PROVERBS 4:23**

**ORATIO:**

*What is my  
response to  
the Lord?*



*ABOVE ALL ELSE  
GUARD YOUR HEART,  
FOR IT IS THE  
WELLSPRING OF LIFE.*

**PROVERBS 4:23**

**CONTEMPLATIO:**

*Resting in God's  
presence in a  
silent, loving gaze  
beyond words*



**ACTIO:**  
*HOW CAN I LIVE IT  
OUT IN WORD AND  
DEED?*



## 1 CORINTHIANS 13 (LOVE)

### LECTIO:

WHAT DOES THE TEXT SAY IN ITSELF?

### MEDITATIO:

WHAT IS THE SPIRITUAL MEANING OF THE TEXT?

### ORATIO:

WHAT IS MY RESPONSE TO THE LORD?

### CONTEMPLATIO:

REST IN GOD'S LOVING GAZE

### ACTIO:

WHAT ACTION IS NEEDED TO RESPOND TO GOD'S PROMPTING

