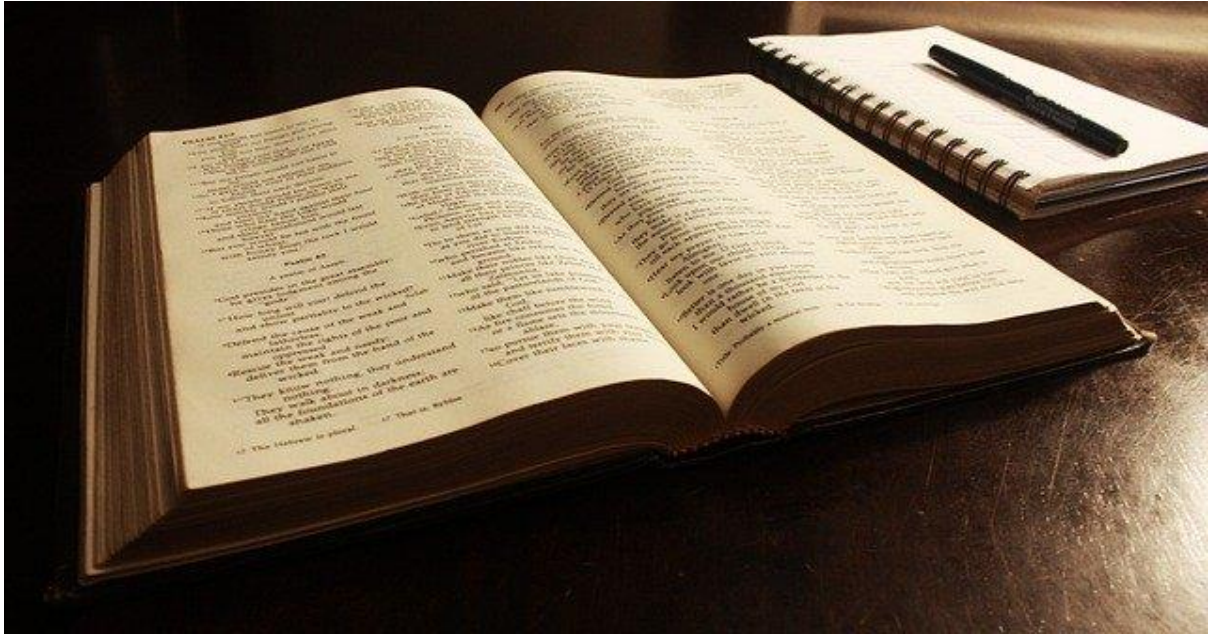




HOLY TRINITY
WESTBURY ON TRYM - BRISTOL



LECTIO DIVINA

If the term *lectio divina* is new to you, don't let the name put you off. It is Latin for "divine reading", but relates to a traditional practice of reading the Bible, meditating and praying to aid communication with God and increase the knowledge of His word.

Lectio divina helps you to read the Bible in a prayerful way. Pick a short passage of Scripture (it can be anything you like, but if you're stuck, the parables of Jesus or the shorter Psalms are a good choice).

Read the passage through slowly, two or three times. Notice what jumps out at you, and ask yourself, "*What is God saying to me here?*"

Reflect on this for a few minutes. Then, read the passage again. Now ask yourself, "*What do I want to say to God?*" – and then say it.

Lastly, sit quietly and know that God is with you.