Lectio Divina in the monastic Tradition

1. Find a quiet place where you will not be disturbed for at least 20 minutes
2. Take the text in hand; either the Scriptures or piece of spiritual poetry or inspiring book
3. Read slowly; no more than a few lines at a time
   *Remember, we are not reading for content here, but for spiritual mastery
4. Always stop when something inspires you or strikes you in some way
5. Use the following steps as your guide to glean the spiritual fruits of the text

From the text itself
Theology of the WORD

[read] 1. lectio: the actual reading of the text

["chew"] 2. ruminatio: "chewing the text by mulling over it in the mind; hitting a phrase or word that inspires one to think about things religious or how the phrase influences them; concentrating on that specific passage

[Christ] 3. meditatio: reflecting on how this printed text refers to the work and ministry of Christ and his life; how does the passage reflect the Gospel message and the call to be truly Christian?

[myself] 4. contemplatio: reflecting on how the text and message of the Gospel reflected in it can be applied to my life as a Christian. What is the text telling me as Christian? How is my life to be affected by the reading and my reflection on it?

[pray] 5. oratio: taking the issue to prayer; asking for the Divine assistance to enact this in life and to be inspired to live this in life.

[action] 6. actio: taking the fruits of our meditation and living them in daily life.