



LECTIO DIVINA IN THREE STEPS

- 1. READ** – Take a passage of scripture (one of the readings from Mass is a good length) and read it slowly, twice, with a pause between each reading. If you can, read aloud so you can literally hear it. Each time, notice what words are standing out to you. Don't analyse it, just notice.
- 2. LISTEN** – Read it through a third time and then ask the Holy Spirit to tell you why you noticed particular phrases or words. Listen to what he might be saying in reference to your life. Have a conversation with God about it – be honest about how you feel and what you've heard and listen to what He has to say too.
- 3. RESPOND** – Listen for what action you are being asked to make in your life. It might be trusting God more with a particular area, or reaching out to someone, or changing a habit you have. Ask God what He wants you to do – and what next steps you need to take. Then do it!

“For God alone my soul waits
in silence, for my hope is from
him.” Ps 62:5

When you pray, find a physical
space that is quiet and free from
distraction, but also take some
time to quiet your thoughts with
some deep breaths.

SILENCE



TIP: Sometimes it helps
writing down what you've
heard in a journal, so you can
remember it and so you can
see in the future the journey to
holiness God is taking you on.

“The word of God is living
and active, sharper than any
two-edged sword, piercing
until it divides soul from
spirit, joints from marrow; it
is able to judge the thoughts
and intentions of the heart.”

Heb 4:12

“My sheep listen to my voice;
I know them and they follow me.”
Jn 10: 27

We need to listen to God
regularly so that we come to
recognize his voice.

Try to set aside a time (at least
10min) every day just to listen
to God.

REGULARITY

LISTENING
TO WHAT
GOD WANTS
TO SAY
(NOT JUST
WHAT
WE WANT
TO HEAR)
A FEW
THINGS
ARE QUERIES

GOD SPEAKS

A GUIDE TO LECTIO DIVINA



CATHOLIC YOUTH
PARRAMATTA

In the past God spoke to our ancestors
through the prophets at many times and in
various ways, but in these last days he has
spoken to us by his Son...” (Heb 1:1)

While God has spoken throughout
history in the lives and experiences of
people and what he has said has been
recorded for our benefit, it is the words
and actions of Jesus that speak most
clearly what God wants us to hear.

God still speaks to us today
– we just have to listen.

**A traditional way of listening to God is
Lectio Divina – “Holy Reading”.**