

# New Thought “Lectio Divina”

The monastic practice of *Lectio Divina* (or *Divine Reading*) was first established in the 6th century by Benedict of Nursia and was then formalized as a four-step process by the Carthusian monk Guigo II during the 12th century<sup>1</sup>.

Our “New Thought” version of Lectio Divina has the same four traditional steps and can be applied to any inspirational reading:

**Read.** Read the Scripture or Inspirational piece slowly. Make sure you understand it and look up any words you don't understand. Read it as though you might have to summarize it for someone else. Reading it twice is always good: the first time for comprehension, the second time for summarization.

**Reflect.** Then, reflect on your understanding of the written piece:

- What does it mean for you?
- How does it reflect what's going on in your life?
- Can you put yourself into the situation?
- Is the writing metaphorical? Does the metaphor have special meaning to you or for you?

**Pray.** Through your understanding of this reading, what prayer would you like to make to improve your life, someone else's life, or the world?

**Contemplate.** Assume the prayer is answered and the new knowledge is incorporated into your life. Contemplate your new or changed life. Build a mental equivalent through contemplation and/or visualization.

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<sup>1</sup> From the Wikipedia: [https://en.wikipedia.org/wiki/Lectio\\_Divina](https://en.wikipedia.org/wiki/Lectio_Divina)