

**Our Lady of the Wayside – March 16, 2019**  
**Lenten Session #2: Lectio Divina (Divine Reading)**  
**Deacon Paul Onischuk [ponischuk@archchicago.org](mailto:ponischuk@archchicago.org)**

- What: Prayer with Sacred Scripture, often ignored.
- Why: To be in relationship with and have a shared experience with the Lord...a participation in the divine life.
- How:
  1. Read small part of Sacred Scripture (three times)...lectio > put word into memory
  2. Meditate...meditatio > break open word/ponder
  3. Pray...oratio > movement, affecting the will
  4. Contemplate...complatio (love, union, what God does)

Example: food

1. Put a small piece of food in your mouth...lectio
  2. Chew the food...meditation
  3. Taste/smell the food, lifting up your senses...oratio
  4. Savor the food...complatio
- How Long: Minimally, a 15 minute exercise.
  - How Often: Perhaps done a couple of times per week. If done on a regular basis, the Lord will really talk to you and change you.

Prayer Tips:

Retreat  
Encounter  
Still  
Trust

Prayer Results:

Action on behalf of the world