



## 4 STEPS OF LECTIO DIVINA

### LECTIO (READ)

- Read a short scripture selection. Less is more with Scripture prayer. Digest it slowly. "Listen with the ear of your heart" (St. Benedict) for a word, phrase, or verse that stands out to you

### MEDITATIO (MEDITATION)

- Think about whatever grabbed your attention. Ponder that word or phrase.

### ORATIO (PRAYER)

- Talk to God about this passage as you would to any person.

### CONTEMPLATIO (CONTEMPLATION)

- Rest in God's presence for a few minutes of silence. This allows the Lord to work on you in unseen ways.

## SCRIPTURE READING // JOHN 15: 1-11

"I am the true vine, and my Father is the vine grower. He takes away every branch in me that does not bear fruit, and every one that does he prunes so that it bears more fruit. You are already pruned because of the word that I spoke to you.

Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing.

Anyone who does not remain in me will be thrown out like a branch and wither; people will gather them and throw them into a fire and they will be burned. If you remain in me and my words remain in you, ask for whatever you want and it will be done for you. By this is my Father glorified, that you bear much fruit and become my disciples. As the Father loves me, so I also love you. Remain in my love.

If you keep my commandments, you will remain in my love, just as I have kept my Father's commandments and remain in his love. I have told you this so that my joy may be in you and your joy may be complete.

## REFLECTION QUESTIONS

**WHAT WORD OR PHRASE STOOD OUT TO ME?**

**WHAT IS JESUS SAYING TO ME THROUGH THIS SCRIPTURE?**

**HOW IS JESUS ASKING ME TO RESPOND TO HIM?**