

# The Four Rs of Praying with Scripture

1. **Read (*lectio*).** During the first step of *lectio divina*, you are simply introducing the passage to yourself. Read the passage attentively.
  
2. **Reflect (*meditatio*).** The mind is used during the second step of the process. Reread the passage more slowly. Try to seek great understanding of the passage by asking questions like these:
  - a. What does this passage mean?
  
  - b. How does this passage relate to a situation in my life?
  
  - c. How would I explain the passage's meaning if I were giving a homily?
  
  - d. Is there a message in the passage that is not obvious?
  
3. **Respond (*oratio*).** In the passage from Scripture, God has spoken to you. It is now your turn to respond and speak to God. Once you have gained a greater understanding of the passage, or if you see how the passage relates to your life, you can voice your prayer to God. The passage may make you want to use one of the five forms of prayer:
  - blessing
  - adoration
  - petition
  - thanksgiving
  - praise
  
4. **Rest (*contemplatio*).** Prayer is a conversation with God. First God speaks to you in the Scripture passage. You seek to understand that message and then you respond with your prayers. But the conversation is not over. God wants to speak back. Pay attention to your feelings. Pay attention to any sudden thoughts that come to you. These are the places that God can speak to you. Think about this question: What does God say back to me?

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