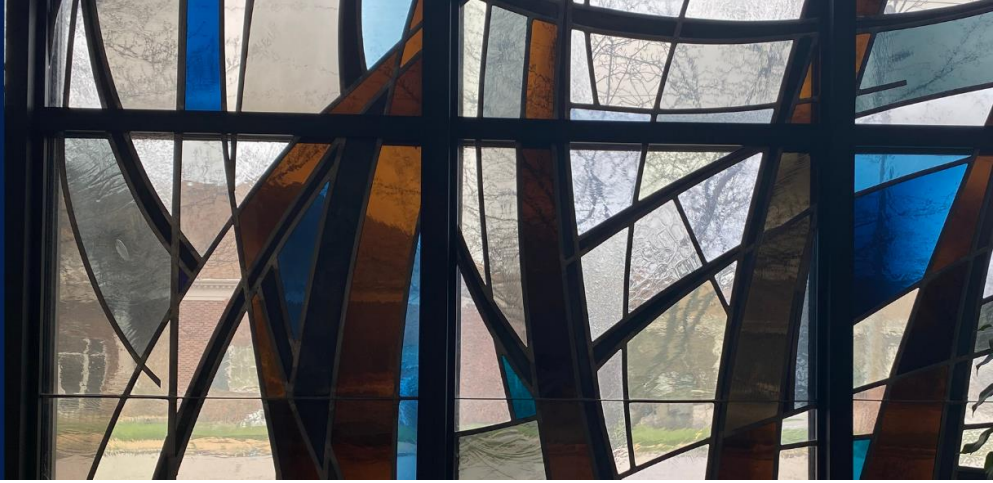


# Lectio Divina

Spiritual Practices with *Jackie Trottmann*



This is the first practice that you may or may not be familiar with. It's best illustrated by this beautiful cow.

This is a dairy cow that we saw on one of our many hikes in Switzerland. The first practice in this four-part series is called Lectio Divina. Lectio is Latin for to read and Divina is divine, divine reading.

## Lectio Divina

Most of these spiritual practices are done by Roman Catholics and by Lutherans and by the Anglican Church. Lectio Divina is simply a process to meditate on Scripture.

Why the dairy cow is a great illustration is because Lectio Divina is like a cow chewing its cud. A cow eats grass just enough to moisten it. It then swallows it to go into a section of the stomach called the rumen. It is softened some more and turned into the cud.

Then the rumen muscles send the cud back for the cow to chew. The cow savors it and by chewing, the grass is eventually turned into milk. Cud chewing is the mark of a happy and healthy cow. It will produce more milk.

Cows who don't chew their cud properly may be scared and suffer from digestive issues. Cud chewing is necessary because the food they eat is hard to digest and it takes extra effort to get all the nutrients from the food.

These dairy cows are called **ruminants** because they have a rumen part of their stomach. Lectio Divina is **ruminating** or meditating on scripture.

I love that this corresponds with 1 Peter 2:2-3 that says, "Like newborn infants long for the pure spiritual milk, so that by that you may grow into salvation, which is an ongoing salvation process, if indeed you have tasted that the Lord is good."

Chewing on scripture produces spiritual milk that nourishes our minds and spirits.

## **Lectio Divina – Is a Four Step Process**

I will walk you through the four steps. At the end of this video is a Lectio Divina practice that I will guide you through on the scripture about Mary and Martha.

### **Step 1 Lectio (Read)**

Pick a chosen scripture passage. Listen with the ear of your heart.

What word or phrase speaks to you?

### **Step 2 Meditatio (Reflect)**

Read that passage again. Reflect on what God is speaking to you through the text. What words or phrases speak to you in a personal way?

### **Step 3 Oratio (Respond)**

Read the passage again. Ask how God invites you to respond? How has the text touched you deeply? How can the text offer an opportunity to change for the better?

### **Step 4 Contemplatio (Rest)**

Sit quietly in the presence of God. Wait and listen. Let go of your own words and allow God's presence to fill your heart and mind.

Let's put this first spiritual practice **into** practice by using the story of Mary and Martha.