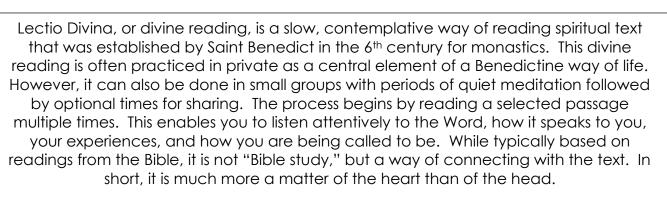
## **Benedictine Bits**

## Lectio Divina



The practice of Lectio Divina is a way of cultivating a relationship with God by exercising how to listen "with the ear of our hearts." It is the practice of being attentive to what God is trying to say to you, personally, through the text and then responding to, or simply dwelling in, God's message. God's Word begins to speak to us in a new light. This experience is not just about reading scripture, but it is a key part of Benedictine formation, training us to be more attentive to and reflective about the world around us. In fact, this contemplative exercise can also be done with mediums other than scripture; you can use art, music, or nature, as the source that helps bring one into conversation with God through this immersive, reflective process. How is God speaking to you?

