

Steps of Lectio Divina for Children

Step 1: Read. In this step the student will read the passage. Read slowly and at least twice. For our youngest students that might mean an adult reads the passage to the child.

Step 2: Mediation. This is a time to **think** about the scripture. During this time, a parent may need to ask questions and the child may voice their thoughts aloud and as they age, they can start asking themselves these questions:

What is happening in the story?
What do I see?
What do I hear?
What words jump out to me?
What does this passage say to me?
What do I need to learn from this passage?

Step 3: Prayer. In this step we are asked to have a conversation with God about what we have heard or thought about after reading the passage. The questions we should ask ourselves in this step is:

What would I like to say to God?
What questions do I want to ask God about this story?

Step 4: Contemplation. This is an opportunity to REST with God and **LISTEN to God**. St Francis de Sales said, 'In prayer, more is accomplished by listening than by talking.'

The question we ask ourselves here is:
What change is the Lord asking me to make after hearing this passage?