**Using Lectio Divina in the Classroom as an Approach to Sacred Texts**

Make sure pupils are sitting comfortably.

Encourage them to breathe slowly and deeply.

First reading of the passage: Listen  
As you read the passage listen for a word or phrase that really gets your attention. Sit in silence repeating the word or phrase inyour head.Then say the word or phrase aloud.

Second reading of the passage: Ponder  
As you read the passage again ask yourself how or why this word or phrase speaks to you and why ithas connected with you. Think about it carefully. Sit in silence and then come up with a single sentence thatexpresses what this word or phrase says to you.

Third reading of the passage: Reflect/Pray  
As you read the passage for the last time think about the impact it has had on you.. What is it thatyou need to do or change or commit to as a result of what you feel the text has communicated to you inthis word or phrase? In the silence that follows the reading take some time to be quiet and reflect or to pray if that feels right for you.

If you are in a group, talk for a few minutes about what you each have taken from the reading.

