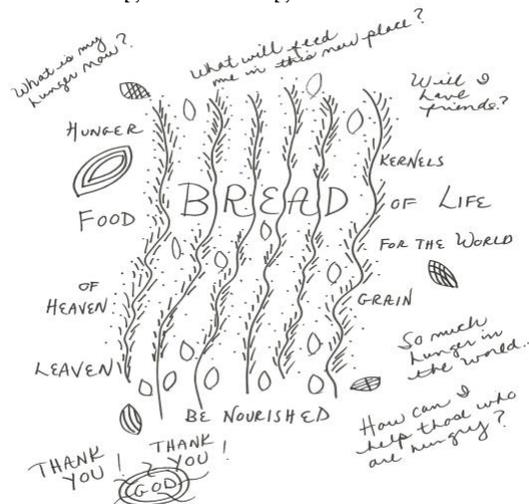


3. Oratio means to speak or to pray. In this part of the *lectio divina*, talk to God in the more traditional way of prayer. This is a chance to use words and have a conversation with God. You can ask God about the word “What do you want me to hear and learn from this word?” Even though this step is about oral conversation, you can have my pen in hand and continue to draw. Write down your thoughts and questions: “Help my unbelief.” “I’d like to know you better.” “Open my heart.” While you talk and write, continue to draw. Drawing during this step helps me to focus and to listen. Writing helps me to see what I’m thinking and feeling.



4. Contemplatio means to “contemplate.” This is the last step of *lectio divina*. I think of this step as the rest stop or the cool-down period before I go about the normal business of my life. *Contemplatio* is the step where I release the word I have chosen and all of the thoughts and feelings about the word. I give up all of the activity of drawing, thinking, and writing. I close my eyes, still my mind and rest. So put down your pen. Sit in a chair or lie on the floor. Close your eyes. Take a deep breath and release it. Stay in the moment. Breathe. Some people have huge spiritual “Ahas” during this time. Other people just enjoy the rest and the quiet time. My time with *lectio divina* never feels wasted. At the very least, I know more about the word I chose than ever before. And I never hear the word in exactly the same way again.