

Lectio Divina

Lectio Divina (translated “divine [or sacred] reading”) is an approach to the Scriptures that sets us up to listen for the word of God spoken to us in this present moment. Lectio divina refers to the ancient practice of divine reading that dates back to the early mothers and fathers of the Christian faith. Referring to the material being read and also the method itself, the practice of lectio divina is rooted in the belief that through the presence of the Holy Spirit, the Scriptures are indeed alive and active as we engage them for spiritual transformation. (Heb. 4:12)

1. Ready (3 minutes)

- Find a place where you can be quiet and undisturbed.
- Choose a brief passage of scripture.
- Quiet your heart, sit in silence, and ask God to meet you during this time of prayer.
- Invite the Holy Spirit, who inspired the Word, to illumine its message to your heart.
- Be comfortable and attentive!

2. Read (5 minutes)

- Read the passage slowly, letting your awareness rest on each word.
- Read the passage again slowly, but this time read it out loud.
- Make it personal. Insert your name or a personal pronoun into the text to make it your own.
- Listen for the still small voice of God as you read.
- Be aware of any word or phrase that catches your attention.
- Do not stress out about this! It is not up to you to get God to speak to you. He is more than able to do so if He chooses.

3. Reflect (10 minutes)

- Meditate and reflect on the word or phrase that attracted you or caught your attention.

- As you reflect, listen and allow God to speak to you.
- Be aware of any emotion or memories that the word or phrase may stir up. Pay attention to those.

4. Respond (10 minutes)

- Respond to the word or phrase.
- Ask God why this word caught your attention. What is he trying to say to you?
- Dialogue with God about what you are hearing or feeling.
- Ask God about things you do not understand.
- Take time to sit and listen for God’s response.

5. Rest (5 minutes)

- Rest in God’s presence. Wordless, quiet rest in the presence of God is called “contemplation.”
- Simply be with God, resting in the unique, one-of-a-kind, unconditional love that God has for you.

6. Return

- As you go through your day, keep returning to the passage and your reflection.
- Keep returning with the intention of integrating the word into your life.

1. Which word or phrase has caught my attention?
2. What is my response to that word or phrase (e.g., anxiety, fear, comfort, joy, longing, peace)?
3. How does this apply to my current life circumstance?
4. What do I sense God inviting me to in this reading?