

Lectio Divina

The purpose of Lectio Divina is to listen and rest in the presence of the Lord and to allow the Holy Spirit to work in us as we hear the Word of God. It is often very hard for us to sit and just listen to God- we normally come with our own agenda before Him.

- Please grab a piece of paper and pen and get prepared to just listen to scripture.
- I am going to read a passage three times through, pausing in between each reading.
- Before each new reading, I will give you a question to think about as I read.
- When I am finished reading, I will pause for you to journal or pray about that question.

STEP 1: "WHAT is Christ, the Word, saying to me in this passage?"

1. One person reads aloud the passage of Scripture as others are attentive to some segment that is especially meaningful to them.
2. Silence for 1-2 minutes. Each hears and silently writes a word or phrase that is meaningful to them.
3. Share aloud the word or phrase that has touched each person. This should be a simple statement of one or a few words with no elaboration.

STEP 2: "WHY is Christ, the Word, saying this to me right now?"

1. Second reading of the same passage.
2. Silence for 2-3 minutes. Reflect on: "where does the content of this reading touch my life today?"
3. Share aloud briefly.

STEP 3: "HOW is Christ, the Word, inviting me to apply what I've heard to my life today/this week?"

1. Third reading of the same passage.
2. Silence for 2-3 minutes. Reflect on: "I believe that God wants me to ____ today/this week."
3. Share aloud at somewhat greater length the results of each one's reflection.
4. After everyone has shared, pray for the person to your right.

Note: If you are doing this exercise as an individual, write your responses in your journal. If you are doing this as a group, remember that anyone may "pass" at any time.