

Guide: Lectio Divina (Divine Reading)

Why?

Lectio Divina is a Latin phrase meaning 'divine reading'. This is a form of meditation on the word of God that trains us to listen to His whisper speaking personally to our hearts, allowing His word to become one with us.

Lectio Divina is a reflective and repetitive way to read the Bible, that is not so much focused on becoming informed by the text but rather being transformed by it, adding depth and value to all other forms of Bible reading. Here we are reading purely in the devotional sense – reading for relationship with God more than a type of mental assent to learn more about God. We read the passage not so much as a student seeking to master the subject but as a son or daughter receiving a love-letter from a deeply committed and adoring Father.

Scriptural Examples:

“Blessed is the one... whose delight is in the law of the Lord, and who meditates on his law day and night” Psalm 1:1-2

“Faith comes from hearing the message, and the message is heard through the word about Christ.” Romans 10:17

“Let the Word of Christ dwell in you richly...” Colossians 3:16

Inspiring Quotes:

“The Word of Scripture should never stop sounding in your ears and working in you all day long, just like the words of someone you love... Do not ask, “How shall I pass this on?” but, “What does this say to me?” Then ponder this word long in your heart until it has gone right into you and taken possession of you.” -- Dietrich Bonhoeffer

HOW?

Lectio Divina is described in 5 simple phases that help us slow down and BE with the Lord. Before you start with phase one, get prepared by:

- Picking any passage of Scripture. If you are just beginning, start by picking a passage in the Gospels or from the Book of Psalms.
- Finding a place where you won't be distracted and can give your full attention to God's voice. Consider your posture and what will help you listen attentively.

Now you're ready to begin...

Silence (*Silencio*) – Slow down and acknowledge the presence of God. Become quiet and offer yourself to God. You can simply, slowly repeatedly whisper the name of Jesus. Or you

might find it helpful to repeat a simple breath prayer like, “God I need you” or “Here I am Lord, speak I’m listening” or “Come Holy Spirit”.

Read (*Lectio*) – Read the Scripture passage out loud, slowly allowing the words to resonate and settle in your heart. After a pause, re-read the passage out loud. During these first two readings, listen for a word or phrase that catches your attention and the Holy Spirit highlights to you. Write it down...

Word or Phrase: _____

Meditate (*Meditatio*) – Take time to sit with your word or phrase. Re-read the passage quietly to yourself and listen to where the word connects with your life right now. Enter into the scene in your imagination. Carefully watch the people. Hear the sounds. Smell the smells. Listen to how they interact. What is Jesus doing? What do you hear and experience as you watch and listen?

Pray/Speak (*Oratio*) – Talk to God about the word or phrase he has highlighted to you and what it’s bringing up in your heart. If you find it helpful to journal, do so. How has God addressed you in this Word and invited you to respond? Allow the Scripture to lead you into a prayer response.

Rest/Contemplate (*Contemplatio*) – Rest in God’s presence. Deeply receive God’s word and rest in his presence and love. Give yourself some time to wait and be still. Take God’s word with you throughout the day. Return to it and remember it all day long. Stay with God until you feel prompted to leave.