

LECTIO DIVINA

A PRAYER PRACTICE

HEARING GOD WEEK FOUR

Lectio Divina is a latin phrase meaning “divine reading”. It is a prayer practice that involves a slow, repetitive reading of Scripture that makes space to give attention to your own internal thoughts and wonderings, as well as the Spirit’s promptings, alongside the Scripture itself.

1 PREPARE

First, select what passage of Scripture you’d like to read, ideally no more than 8-10 verses. Here are some passages we recommend:

- Psalm 16
- Psalm 23
- Psalm 118:1-14
- Psalm 139:1-12
- Isaiah 40:28-31
- John 17:20-26
- Ephesians 1:3-10
- Colossians 1:15-20
- 1 Corinthians 13:4-8
- 1 John 3:1-3

Close your eyes and take a deep breath in and a long breath out. Do this three times. As you breathe, ask God to help you become aware of His presence with you. Open your heart to Him. When you’ve done this, open your eyes and begin reading the passage for the first time.

2 READ + REFLECT

To do this practice, you’ll read the selected text aloud three times slowly using the following prompts:

The first reading: Read the passage for the first time slowly, out loud or silently to yourself. As you read, let the words simply wash over you; don’t read for analysis or try to grab onto any specific word or idea. When you’ve finished reading, close your eyes and allow a moment of silence for what you’ve read to “roll around” in your mind.

The second reading: Read the passage a second time, this time noticing if there is a word(s) or phrase(s) that stands out to you. Don’t overthink this; simply notice what stands out. When you’ve finished reading, close your eyes and allow another moment of silence to reflect on what you’ve noticed.

The third reading: Read the passage a third and final time, this time holding the word(s) or phrase(s) that stood out to you at the forefront of your mind. Ponder with God this question: *“How is this connected to my life right now?”* After reading, close your eyes and spend a final moment in silent reflection.

Pause here and ask: *“God, what is it that you want me to know about all this?”* Notice what comes into your mind as you present this question to God, and trust that it may be God speaking to you.

As you close, collect all the thoughts and feelings you’ve had during this time of reading and reflection, and put them together into a prayer to God. As you come back to the present moment, bring with you anything you sense the Lord has spoken to you.