

LECTIO DIVINA

Lectio divina means "spiritual reading" and is a slow, rhythmic reading and praying of a Scripture passage. It's a way to move Scripture from the head to the heart. The goal of *lectio divina* is to deeply experience the truth of a small amount of Scripture, not to gain lots of information. To begin, do the following:

Start with a minute of silence and breathe deeply. Let go of your own agenda and listen to the Holy Spirit speaking to you through the Word. You might open with a short prayer, asking God to guide your time with Him. After each reading, hold onto a minute of silence to absorb God's grace and truth.

READ

Slowly and prayerfully, read the Scripture passage the first time. Listen to the Holy Spirit minister God's Word to you. What word or phrase captures your attention and grabs your heart? Linger with it whenever this happens.

REFLECT

Slowly and prayerfully, read the passage again. What feelings are arising within you? What struggle or longing in your life today is God speaking into?

RESPOND

Slowly and prayerfully, read the passage a final time. Respond to God from your heart and receive what He has for you today. What is an invitation from the Lord? What do you sense God might be saying to you? Offer these to God in surrender and joy.

REST

Simply sit quietly in God's presence and rest in His love.

As you end your time, it might be helpful to jot down in a journal what arose during this time. What did you speak to God, and what did God offer you? Then you might close with the Lord's Prayer or another short prayer.