



LECTIO DIVINA

prayer practice

FAITH IN MOTION

Lectio Divina - divine reading

Latin for “Divine Reading,” Lectio Divina is a way to meditatively engage scripture. One of the most common phrases I hear as a pastor is, “I don’t really know how to read the Bible.” For many folks, lectio divina makes reading the Bible feel more accessible. It is centered in the idea that all you need are the words on the page and faith that God has something to say to you. Even if the whole passage leaves you feeling lost and confused, perhaps there is just a word or phrase that stands out to you and speaks to you right where you are. My friend, as you engage this practice and follow the steps outlined here, I invite you to listen for God’s loving, challenging, encouraging word still speaking through these ancient texts. God does indeed have something to say.



Lectio Divina - the practice

Find a quiet space to sit - perhaps your favorite comfy chair, or at a table with a cup of coffee. Have your Bible, a journal, and pen. Light a candle.

01

PREPARE

Take a moment and close your eyes. Breathe deeply through your nose. Pray for God to open your heart, ears, and mind, so that you might listen for whatever it is God needs you to hear.

02

READ

Read a short passage of scripture three times. As you do so, rather than trying to dissect the passage intellectually, just experience it. The first time through, simply read it. The second time, notice what words or phrases catch your eye, intrigue you, or speak to your heart. The third time, underline, circle, or star the words or phrases that stood out to you.

03

MEDITATION & PRAYER

In your journal, write down the word or phrase that stood out to you the most. Take a moment to close your eyes and repeat that word or phrase to yourself a few times. Ask what God is saying to you through this passage. Notice what comes up as you do this: thoughts, memories, feelings. Listen for the Holy Spirit.

04

CONTEMPLATE

In your journal, write down what came up for you during your prayer and meditation. Note what you hear God saying to you through this scripture.

Lectio Divina - scripture recommendations

Sometimes the best way to choose the scripture passage you read is to just flip the Bible open to a random page and read a small section. Other times, it is helpful to have suggestions. You'll find a few of those suggestions below.



OLD TESTAMENT

Psalm 139:1-18

Jeremiah 31:1-6

Job 38:1-7

1 Kings 19:11-13

Psalm 138:5-8

Psalm 30

NEW TESTAMENT

Matthew 6:19-24

Philippians 4:6-8

Matthew 6:5-14

Mark 4:35-41

Luke 13:10-17

John 15:1-11

2 Corinthians 6:1-13