

RESOURCE

LECTIO DIVINA: PERSONAL

Lectio Divina (Latin for “holy reading”) is an ancient practice designed to help us listen to God’s voice through his Word and then respond with obedience. It’s a four-step process that is especially helpful at the beginning of each day but can be used at any time. To begin...

- Choose a short biblical text.
- After you choose your text, sit for one minute in silence with your hands in your lap turned upward as a gesture to receive what the Father has for you today.
- Be fully present with Jesus and invite his presence into your life.

Reading

- Read the scripture passage ALOUD. And read slowly.
- As you read, listen to the passage without analyzing it. Just listen.
- As you read, look for a single word or phrase that sticks out to you. And don’t analyze why that word sticks out to you. Just let it stick out.
- Then, sit in silence for one-to-two minutes. Be present to the message of the text and especially to the word that stuck out to you.

Meditate

- Read your chosen scripture passage ALOUD. Read slowly.
- As you read, notice your internal response/sense/feeling to the reading and to the word that stuck out to you during your first reading.
- Audibly say the word or phrase that captures your internal response/sense/feeling.
- Sit in silence for one-to-two minutes. Allow yourself to be present in the response/sense/feeling you just verbalized.

Pray

- Read your chosen scripture passage ALOUD. Read slowly.
- Once again pay attention to your internal response/sense/feeling as you read.
- As you read, identify the way your personal life connects to the word that stuck out to you in the first reading. Maybe the word connects to a problem, a victory, a relationship, an opportunity, an aspect of your identity or calling, a circumstance.
- Audibly identify the connection between you, your life, and the word that stuck out to you.
- Pray through the connection between your personal life to the word that stuck out to you.

Respond

- Read your chosen scripture passage ALOUD a fourth and final time. Read slowly.
- As you do, listen for an invitation from God: how are you to respond to his voice today?
- Write down what you’re *to do* today, something you can review at the end of the day.
- Sit in silence for one-to-two minutes. Receive grace so you can respond in faithful obedience.