

# Lectio Divina

*Lectio Divina* is a way of reading the scripture that involves calling upon the Holy Spirit to make the Word of God alive in your heart and mind.

## **Choose a short scripture passage.**

Examples:

A song of Thanksgiving: Psalm 67:1-7

A prayer for guidance: Psalm 25:4-10

A prayer for deliverance: Psalm 119:145-152

A prayer for help: Psalm 119:169-176

A prayer for understanding Psalm 119:33-40

A longing for God Psalm 63:1-8

**Become aware of God's presence in you.** Trust that God will speak to you in God's time and in God's way.

Examples:

Draw in deep breaths while saying 'be still before the Lord'.

Breathe out slowing and listen. God desires to speak to you.

Ask for God's grace as you grow in your relationship with Him.

**Read the scripture passage slowly and listen.**

**Read the passage again slowly and pay attention to the words.** What is God saying to you, to us, and to the church?

**Pray.** Share your thoughts with God. Thank and praise God, share your sadness, confusion, questions, anger, wonder, tears....Whatever is going on, share it with God. Talk to God and listen.

**Be still.** Rest in peace, joy, love, and silence! Surrender, Let God's Spirit pray in you!

**Ask the Holy Spirit for guidance as you embody God's Word in your daily life.**

*"Prayer is the central avenue God uses to transform us."*

Richard Foster, Celebration of Discipline, p. 30