



SCRIPTURE AS A GUIDE TO DEEPER CONVERSATION

Lectio Divina is a form of prayer that uses scripture to guide our conversation with God. To begin, choose a passage of scripture to use as the basis for your time with God. You can use any passage as your guide. Consider this list of potential passages to spark your practice: Psalms 23 (Any of the Psalms), Isaiah 40:28-31, Jeremiah 18:1-6, Lamentations 3:22-27, Luke 7:36-50, John 15:5-8, Romans 8:35-39, 1 Corinthians 2:1-5, Ephesians 3:14-21. 1 John 4:16-19. After choosing your passage, quiet your mind and body. Sit in silence. When you feel prompted, move through each movement below.

MOVEMENT ONE

Read the Scripture passage for the first time. Read the passage slowly again. What phrase, sentence, or word stands out to you? Repeat that phrase, sentence, or word over and over, allowing it to settle deeply in your heart.

MOVEMENT TWO

Read the passage again and listen even more deeply to the words. Relish the words. Pay attention again to what sentences, words, or phrases stand out to you. What speaks to your heart?

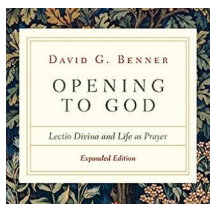
MOVEMENT THREE

Read the passage again and allow the words to prompt a conversation with God. You may be drawn to a prayer of praise, gratitude, or asking God for help. Spend time in conversation with God.

MOVEMENT FOUR

Read the passage again and ask God what word, phrase, or idea you need to continue to meditate on as you leave this time of prayer.

RESOURCES



OPENING TO GOD

Opening to God: Lectio Divina and Life as Prayer by David G. Benner uses the four movements of lectio divina to open "us to a world of possibilities for communion with God: praying with our senses, with imagination, with music and creativity, in contemplation, in service, and much more." ISBN 0830846867



LECTIO 365

Lectio 365 is an application from 24/7 Prayer that guides you in Lectio Divina each day. You can download the app at 24-7prayer.com.