

LECTIO DIVINA



SUPPLIES NEEDED :

- ▶ A BIBLE
- ▶ A QUIET SPOT
- ▶ A FRIEND / optional
- ▶ BIBLE APP w/ VOICE OPTION / optional

INSTRUCTIONS :

1. LECTIO DIVINA IS A PRACTICE OF MEDITATING ON SCRIPTURE READ ALOUD. DECIDE IF YOU WANT TO READ THE SCRIPTURE OUT LOUD TO YOURSELF OR HAVE IT READ TO YOU BY A FRIEND, FAMILY MEMBER, OR BIBLE APP.
2. CHOOSE A PASSAGE TO REFLECT ON. IF YOU NEED SOME GUIDANCE, START WITH ANY NARRATIVE STORY ABOUT JESUS.
3. READ THE PASSAGE OUT LOUD FOUR TIMES. AFTER EACH READING, HOLD SILENCE FOR 1-2 MINUTES AND REFLECT ON THE FOLLOWING:
 - ▶ **READING 1** : LISTEN FOR ONE WORD OR PHRASE THAT "STANDS OUT." DON'T OVERTHINK IT. JUST CHOOSE THE WORD THAT GRABS YOU THE MOST.
 - ▶ **READING 2** : ASK GOD IF THERE'S ANYTHING HE WANTS TO SAY TO YOU ABOUT THAT WORD OR PHRASE.
 - ▶ **READING 3** : PRAY A SIMPLE PRAYER BASED ON YOUR REFLECTION: "LORD, HELP ME TO BE, OR TO DO, _____"
 - ▶ **READING 4** : SIMPLY SIT IN SILENCE WITH THE LORD.