

Practicing Lectio Divina at Home

In Preparation

1. Choose a passage from scriptures that speaks to you. You may wish to choose the passage that will be used for the sermon in the following week (see the church bulletin).
2. Before you begin the practice prepare the space you will be in. Remove things that will be distractions – cell phone, computer, etc. Find a place that you can be in silence comfortably. If you wish to time your silences arrange a non-distracting way for that.
3. Remember during the practice if you find your mind wandering do not judge yourself. If your mind wanders you can gently guide your thoughts back to the word or phrase you are contemplating. Just as we are listening for God's quiet and gentle voice, we are encouraged to practice quiet gentleness with ourselves.
4. 2-3 minutes between each reading may feel like a long time of silence at first. However, part of Lectio Divina is learning the art of silence and deep attentive listening. It takes practice, so be gentle with yourself as you guide yourself to silence and deep listening.
5. You are invited to prepare for the practice by placing your feet firmly and gently on the floor, sitting comfortably, placing your hands on your lap, closing your eyes, and paying attention to your breathing, the beating of your heart, the rhythms of your body.

The Practice

1. Take a moment to prepare your heart and body to hear God's word to you.
Read with a vulnerable heart. Expect to be blessed in the reading. Read as one awake, one waiting for the beloved. Read with reverence.
- Macrina Wiederkehr
2. *Read the passage aloud slowly two times.*
 - While you read pay attention to a word/ phrase that attracts you, or draws your attention.
 - 2-3 mins - in the silence repeat the word or phrase to yourself.
3. *Read the passage aloud once slowly.*
 - As you read through the passage this time, pay attention to how the passage (word/phrase) touches you and your life right now.
 - 2-3 mins - In silence meditate on how the passage touches you and your life right now.
4. *Read the passage aloud once slowly.*
 - As you read through the passage, pay attention to how God's is inviting you to respond in the coming day/week.
 - 2-3 mins - In silence contemplate God's invitation to respond in your life in the coming day/ week.
5. *Close in prayer*