

LECTIO DEVINA

A WAY TO READ SCRIPTURE

Lectio Divina is a practice done throughout most of church history, and it stands for "Divine Reading." This is a method of reading through the scriptures that allows the words to sink in at the deepest level. There are no strict steps, because it's all about how you personally spend your time with Jesus, but there are a few guidelines that can help you get a better understanding of God's word.

STEP 1: LECTIO

The first step is called "Lectio," or "Reading." This is where you sit down, and slowly and reflectively read a passage of scripture. This can be any passage of Scripture that you like.

STEP 2: MEDITATIO

Begin by rereading the passage of Scripture and then meditate on it. Allow it to sink deep into the depths of your being. There may be a thought or idea in the Scripture that you focus on. Let the scripture ruminate, and receive what God wants to give you. You can either just sit and listen or journal.

STEP 3: ORATIO

Step 3 is our response to the first two steps. First reread the passage again, then we let our hearts speak to God, and let Him into what we are feeling from the passage. It may be a short prayer, it may be a specific idea, but this is the time to speak to God about what you are thinking about or feeling.

STEP 4: CONTEMPLATIO

The fourth and final step is to contemplate all that is running through your mind. Begin by rereading the passage for a fourth time. This is a time to let go of all your thoughts, and words that are running through your mind. This is where you just rest in the presence of God, and allow the words you have read and meditated on transform you from the inside out. Ask yourself how this passage of Scripture is challenging you to live today and allow God to speak to you. Let this start to change how you see the world, and affect how you live your daily life.

Scripture To Practice With:

Psalm 22:22 / Matthew 6:43-44 / Luke 14:27