

PRAYER

LECTIO DIVINA

READ AND LISTEN

TRANSFORMED
BY THE
RENEWING
OF YOUR
MIND

REST IN GOD'S WORD

MEDITATE AND EXPLORE

PRAY AND RESPOND





A QUICK INTRODUCTION

Lectio Divina is a simple method of praying and meditating on scripture both individually and in a group. The Latin phrase means 'divine reading' and trains us to listen to God's whisper speaking personally to our hearts, allowing His word to become one with us.

The aim is not so much focused on becoming informed by the text but rather being transformed by it. Here we are reading purely in the devotional sense- reading for relationship with God more than a type of mental assent to learn more about God.

HOW TO DO THE LECTIO DIVINA

Lectio Divina is described in four main phases:

1. Lectio: Read and Listen. Bite into the chunk of scripture.
2. Meditatio: Meditate. Explore it. No question is off limits. What did the author mean? How does it make me feel? What does it mean to me?
3. Oratio: Pray and respond. A place of intercession and repentance.
4. Contemplatio: Rest in God's word. A space of silence, resting in God's presence.

1. READ

Pick a passage. To begin with, choose any of the Psalms or a passage in one of the gospels. After inviting the Holy Spirit to come and guide you, read the passage slowly, out loud if you can. Read it twice with one minute of silence in between.

Group: Ask a couple of different people to read the passage with a minute of silence in between.

2. RELISH

We could use the word 'reflect' here also, but relish describes more what we're aiming for at this stage. Meditating on the passage you have read, savour one word or phrase that you have noticed more than others during your reading. Write this word down and begin pondering what God might be saying to you through this. How is this word speaking to your life?

Group: After a moment of resting in the passage, encourage the group to simply say the word/phrase they noticed, nothing more and nothing less. As they do, simply encourage them to ponder what God might be saying to them or the group (but at this stage no one speaks out anything more than one word or phrase).

3. RE-READ

Read the passage one more time.

4. RESPOND

Speak out in prayer what you sense God is saying to you. Tell Him how you feel encouraged, challenged by what He is saying to you; ask that the seed of His word in your heart would develop deep rooted truth that would lead to fruitfulness in your life.

5. REST

Simply take some time to allow God to wrap you in His love and let the word He has given you rest on you.

Group: Encourage the group to simply rest in God's presence together.

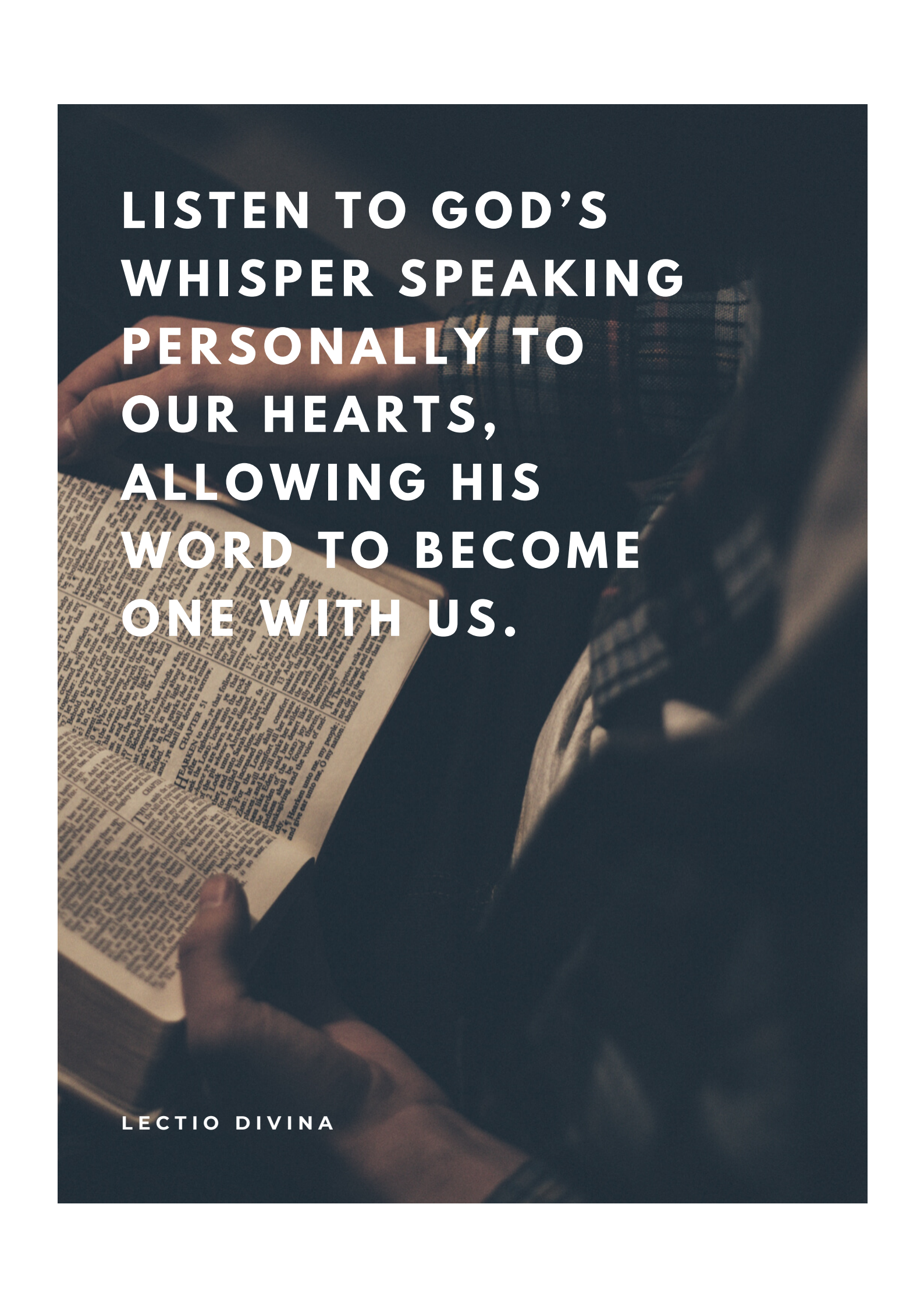
6. RESOLVE

Finish by articulating one way you might be able to live out the word that has spoken to your heart in your daily life.

Group: Share with one another how God is speaking to you personally or as a group and what an appropriate response might be. Notice if there are some common threads coming through as people share.

Thanks to Pete Greig & 24/7 Prayer for this template.



A person is shown from the chest up, wearing a plaid shirt, reading an open Bible. The scene is dimly lit, with the primary light source coming from the left, highlighting the person's hands and the pages of the Bible. The background is dark and out of focus. The text is overlaid in large, white, bold, sans-serif capital letters.

**LISTEN TO GOD'S
WHISPER SPEAKING
PERSONALLY TO
OUR HEARTS,
ALLOWING HIS
WORD TO BECOME
ONE WITH US.**

LECTIO DIVINA