

# A TOOL FOR MEDITATING ON SCRIPTURE

( L E C T I O   D I V I N A )

**INVITATION:** Pick two days this week when you will practice meditating on Scripture by experimenting with Lectio Divina.

**HISTORY:** Lectio Divina is a form of Christian meditation begun in the fifth century by Benedict, founder of the Benedictine Order. The life and work of the Benedictine monastery was governed and balanced by the motto “orare et laborare” (Latin for “to work is to pray.”) Lectio Divina was one way monks were able to meditate on Scripture and stay aware of God’s presence as they did their manual labor each day.

**PRACTICE:** Lectio Divina is not an inductive Bible study method that searches for answers but rather “spiritual reading”; reading not in order to master knowledge, but rather to allow the Holy Spirit to master us. Many of us have been taught how to engage our minds in reading and studying the Bible, but many of us are untrained and inexperienced in how to engage our minds and our spirits in a cooperative manner for meditation and study.



## PRACTICES



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## PRACTICES



## A GUIDE TO MEDITATE ON SCRIPTURE

- Clear away all distractions. Sit down somewhere comfortable.
- Place your hands with palms facing up or down on the tops of your thighs or fold them in your lap.
- Close your eyes. As you close your eyes (or choose an object to look at) breathe deeply, relax, rest, and be still. Know that God is present. Open up yourself in anticipation and expectation of being nourished and fed by God speaking to you through His Word.
- Pray that the Holy Spirit will illumine, enlighten, instruct, encourage, challenge, convict, heal, and love you as you listen attentively and deeply to the words being read.
- Select a short passage of scripture to read aloud. (Unsure where to start? Read Psalm 1, 23, 139:13-18. or John 15:1-8)
- Read the passage aloud or silently to yourself several times. While reading the selection, allow the Scripture being read to move from your ears (hearing) into your heart. Listen and be open with your heart.
- During and after reading your Scripture selection, be aware of the mental, emotional, and physical response(s) you have.
- Identity a word, phrase, or idea to which your attention feels drawn. Write down that word, phrase, or idea.
- Verbally pray your response to the insight, call to commitment, or word of comfort that God has given you. Thank God for speaking through His Word.
- Continue to sit quietly until the one word or phrase that you have heard sinks deeply into your consciousness. Be present with God and allow Him to speak to your heart through this word.
- Write down any related thoughts to your word, phrase, or idea. Thank God for answering your prayer to meet you as you meditated on Scripture. Remember your “word” during the day. Consider putting it somewhere visible.
- Since prayer is simply paying attention to God, look for God and the word to appear throughout your day.
- Journal about your word in the evening. Remember the situation(s) in which the word came to mind during the day. Pray to God and talk to Him about how He spoke to you and how You saw him at work.

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