

Introduction to Lectio Divina

Seeking to Hear the Voice of God through His Word

Lectio Divina is Latin for divine or holy reading. It represents a method of prayer and Scriptural reading intended to promote intimate communication with God and provide spiritual insights. This time of divine reading involves attentively reading a passage of Scripture and seeking God in prayer, fully expecting Him to speak to you personally through His Word. Often with traditional Bible study efforts, we are seeking to discover the character, plans, purposes, and standards of God. With Lectio Divina, our sole intention is intimate communion with our Creator, an act of worship.

Before you begin your time of reflection you are encouraged to offer your heart, mind, and soul to the Lord in prayer and express your desire to worship Him and hear His voice.

Practicing Lectio Divina: Utilizing the given Scripture passage provided, follow the four steps of Lectio Divina, as you seek to hear God's voice of direction for you today.

Step 1 (Lectio)—Read the Bible passage slowly and attentively 3 times, savoring each word. On your first reading, just familiarize yourself with the passage. With your second and third reading, listen expectantly for God to highlight a word or phrase in the passage that He wants you to reflect deeply upon—word(s) that are His personal message for you today. Write down that word or phrase.

Step 2 (Meditatio)—Meditate/Reflect on the truths expressed in the passage, especially the word or phrase that God highlighted for you. Allow God to bring to your mind memories, events, people, hopes, and concerns that relate to that word or phrase. Journal what comes to your mind.

Step 3 (Oratio)-- Respond/pray to God. Begin a conversation with God by giving Him what you discovered during your reflection time. Talk with God about how your life circumstances, concerns, thought intersected with the truths in the passage, especially with the word or phrase He highlighted for you. Journal your thoughts and prayers in the space provided.

Step 4 (Contemplatio)—Contemplate/listen to God as He speaks to you. Fully open yourself to His influence over your thoughts, desires and concerns. Allow Him to touch and change your deepest desires and transform your thinking. Listen for His voice of direction, teaching, encouragement, or exhortation. Rest in God's embrace with a willingness to be transformed, to trust Him completely, and to do His will. Carefully journal what you hear God saying to you. Start with your name, as if God is writing you a personal letter today.

Now practice on your own.

Step 1—Read the passage 3 times.

Ephesians 3:14-21 For this reason I kneel before the Father, ¹⁵ from whom every family in heaven and on earth derives its name. ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Step 2—**Meditate/Reflect** on the truths expressed in the passage. Trust God to highlight a word or a phrase from the passage that He wants you to focus on today. Write it down. Allow God to bring to your mind memories, events, people, hopes, and concerns that relate to that word or phrase. Journal what comes to your mind.

Step 3—**Pray** Begin a conversation with God by giving Him what you discovered during your reflection time. Journal your thoughts and prayers.

Step 4—**Contemplate/Listen** to God as He speaks to you. Rest in God's presence, fully open to His influence over your thoughts, desires, and concerns. Listen for His voice of direction, teaching, encouragement, or exhortation. On the back of this paper, carefully journal what God is saying to you. Start with your name, as if God is writing you a personal letter today.