

Guide for *Lectio Divina*

What is *lectio divina*?

In *lectio divina*, our intent in hearing Scripture is *not* primarily to gain information but to be transformed by an encounter with the God who loves us. This quote from Dietrich Bonhoeffer helps explain the practice:

The Word of Scripture should never stop sounding in your ears and working in you all day long, just like the words of someone you love. And just as you do not analyze the words of someone you love, but accept them as they are said to you, accept the Word of Scripture and ponder it in your heart, as Mary did. That is all...Do not ask "How shall I pass this on?" but "What does it say to me?" Then ponder this word long in your heart until it has gone right into you and taken possession of you. - Dietrich Bonhoeffer

Scripture Text suggestions:

Isaiah 43: 1-7

Lamentations 3: 21-26

Psalm 34

Psalm 121

Psalm 139: 1-18

Matthew 19: 13-15

John 10: 7-10

Ephesians 3: 14-21

1 John 4: 7-21

Practice of *lectio divina*:

Read the Scripture text out loud four times, preferably with a different voice reading each time. Allow for a 3-5 minute silence between each reading. Use the following to guide your reading and hearing:

- 1) 1st Reading: **READ.** What word or phrase strikes you? Sit with it trusting God has led you to it.
- 2) 2nd Reading: **REFLECT.** How is your life touched by the word the Lord has given you?
- 3) 3rd Reading: **RESPOND.** What is your response to the promise in this passage? Allow this response to flow freely in this time of silence.
- 4) 4th Reading: **REST.** Simply rest with God now and enjoy God's presence knowing it is God who will enable you to respond to whatever you have heard.

Finally, resolve to carry this word with you and to live it out in your daily life.