

LECTIO DIVINA

Spiritual Disciplines: Communal

Introduction:

Lectio Divina is an ancient spiritual practice from the Christian monastic tradition. It is the practice of “divine reading” or praying Scripture. It involves a balance of silence and God’s word, seeking to encounter God as he speaks directly and personally through his word. It involves listening to a short passage, setting aside understanding and analysis, to open oneself to receive God’s word “expectantly and passively” (Benner).

Process:

Find a full passage in Scripture to meditate on, usually a Psalm or a full hymn in the New Testament or a lengthy admonition or teaching.

Read the passage four times, paying attention to different aspects of the passage as it is read.

First and Second Reading

Read the passage aloud, twice, attentively listening for words or phrases that stick out. The purpose of this reading is to hear the text and listen for a word or phrase or idea that captures your attention.

Third Reading

Focus your attention on that word, phrase or idea, repeating it to yourself silently as the passage is read aloud a third time. After the third reading and a time of silent reflection, share what you have heard with the group.

Fourth Reading

Listen during the fourth reading on what God is inviting you to do or become. After the reading and a time of silent reflection, share what God is calling to you with the group.

Preparation:

Prior to gathering as a group, spend some time reflecting on the following questions. Prior to reading the passage together, spend a little time discussing some of these questions.

1. What do I think God has been trying to say to me in the recent past?
2. How has God been present for me in recent weeks?
3. When did God seem absent?
4. What spiritual practices have been particularly meaningful to me in recent weeks?
5. Which have been less meaningful than usual?
6. What do I seek from God at this point in my life?