

Resting in God in Scripture through Lectio Divina

Lectio Divina (“Divine” or “Holy” Reading) is ancient practice for Bible reading, prayer and meditation—all for the purpose of centering and focusing our hearts and minds on God alone.

- **Reading**—Choose a quiet space and a passage of Scripture. Read the passage multiple times, not rushing, but regularly pausing as you come across words and phrases that resonate with your mind and heart.
- **Meditation**—Reflect upon the passage, seeking the depth in God’s words. Imagine yourself in the world of the Bible. Allow what God has said and done to speak to you personally.
- **Prayer**—Express to God all the thoughts, feelings, actions, fears, convictions and questions that the passage has stirred within you. Praise him for who he is. Confess the wrong things you have done and admit the things you should have done but didn’t. Ask for guidance in how to live in closer relationship with him.
- **Contemplation**—After praying in response to the passage, be silent in God’s presence. Instead of talking, now is the time to listen. Sit and receive his love, not distracted by the things of the world. Finally, personally commit to the truth God has revealed to you in the passage, living out your faith as a follower of Jesus.

As you practice Lectio Divina, consider these questions as a guide to your reflection and prayer:

1. What is encouraging about this passage?
2. What is challenging about this passage?
3. What questions does this passage raise?
4. What do you learn about God, yourself, or others?
5. What must you do in response?

“In our meditation we ponder the chosen text on the strength of the promise, that it has something utterly personal to say to us for this day and for our Christian life, that it is not only God’s word for the Church, but also God’s word for us individually. We expose ourselves to the specific word until it addresses us personally and when we do this, we are doing no more than the simplest, untutored Christian does every day; we read God’s word as God’s word for us.”

—Dietrich Bonhoeffer, *Life Together*