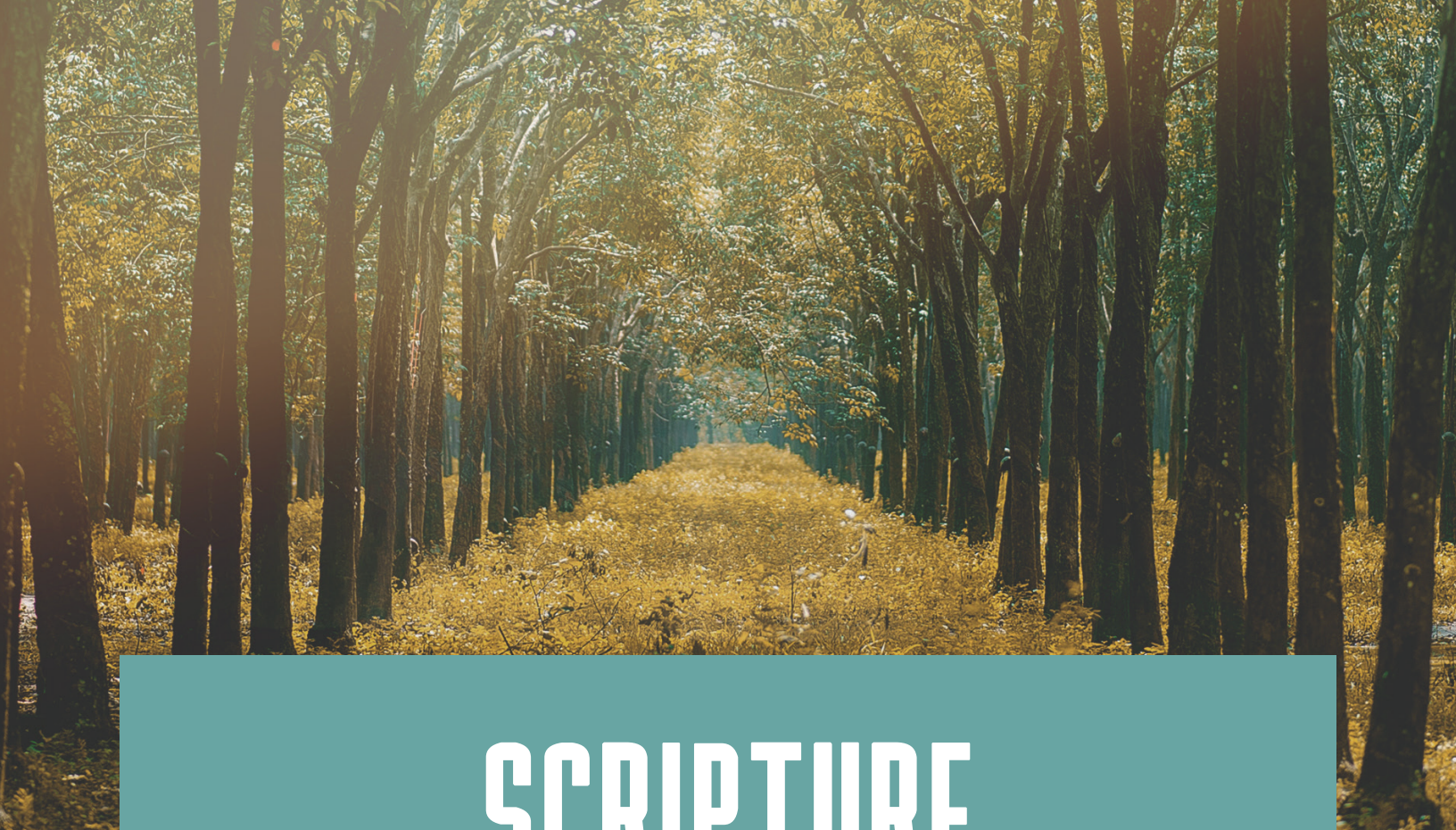




SCRIPTURE

“All Scripture is inspired by God and beneficial for teaching, for rebuke, for correction, for training in righteousness; so that the man or woman of God may be fully capable, equipped for every good work.” 2 Timothy 3:16-17

“

Pray the Bible slowly, reflectively using
your imagination and using it as a
launchpad into prayer.

Pete Greig

”

Scripture is one way that God speaks to us. As we engage with Scripture, we learn about who God is and what he has done to redeem humanity. We also learn about his heart, his character, his will, and how to live a life pleasing to him. In Scripture we meet Jesus and see the gospel story unfold. As we engage with Scripture as a Spiritual Practice, we can read it and study it for proper contextual understanding, memorize various passages, journal verses, and engage with it in a prayerful manner.

One of the ancient ways of reading Scripture is in a slow, prayerful, meditative, and reflective state. Classically, this practice is called *Lectio Divina*, Latin for “Divine Reading.” Put simply, *Lectio Divina* is praying the Scriptures and giving space for the Holy Spirit to speak to us through his Word that is alive and active. Practicing *Lectio Divina* helps us to learn to hear the gentle whisper of God’s voice as he speaks personally to our hearts.

Lectio Divina has four parts to it: Lectio (reading), Meditatio (meditation), Oratio (prayer), and Contemplatio (contemplation).

Lectio | Read: Read a passage of Scripture (usually a chunk of verses, not a whole chapter).

Meditatio | Reflect: Reflect and ponder the meaning. Gently repeat to yourself a phrase from the passage that stands out.

Oratio | Respond: Pray and respond. Respond to the words with feelings, confess your sins or struggles, and ask God for what you or others need.

Contemplatio | Rest: Rest in God’s love. No words are necessary at this point as they may detract from simply being in God’s loving presence.

PRAYER & PRACTICE

Practice Lectio Divina. For today, select a Psalm or a passage in one of the gospel accounts. If you need guidance, start with Psalm 23 today.

About 5 minutes:

Settle into your space and get comfortable. Open yourself to God and ask the Holy Spirit to come and guide you.

About 5 minutes:

Lectio | Read: Read the passage 2 or 3 times until you feel you understand what it is saying

About 5 minutes:

Meditatio | Reflect: Meditate on the passage you just read. Savor a word or phrase that was highlighted to you as you read.

About 10 minutes:

Oratio | Respond: Ask the Lord why this word or phrase may have stood out to you. Ask him what he wants to say to you, share your feelings with him, and share whatever else you need.

About 5 minutes:

Contemplatio | Rest: Rest in God's love. Give space for God to meet you with his love and let the word he has given you rest on you.