

Lectio Divina

“In Christianity, Lectio Divina (Latin for "Divine Reading") is a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's Word.” (Wikipedia)

Preparation for this posture of prayerful listening: first, find a verse in the Bible or a small passage to read. Psalms are a good place to start.

1. **Settle** yourself in God's presence in stillness and silence. Psalm 46:10 reminds us to be still so that we might know God.
 - a. Stillness is a precondition to deep knowing of God.
 - b. God is already communicating, we just need to listen.
2. **Pray** and ask the Spirit of God to prepare you to receive God's Word.
 - a. “Reveal, show, speak... Your word to / for me today.”
 - b. The same Spirit who inspired the writers of the Bible is the same Spirit who dwells in you.
3. **Read** the scripture verse(s) slowly and with expectation (that God is speaking to you).
 - a. Read it slowly several times.
 - b. As words stick out to you, focus on them.
 - c. Repeat them in your mind.
4. **Listen** (gently) for the still, small voice of God. This is what He is wants you to know today. At this very moment God is speaking to you!! "This is my word for you today."
 - a. Savoring, cherishing, receiving what you hear... Let it wash over you and into you.
 - b. Listen for more. Ask, “Is there more, Father?”
5. **Respond** by thanking Him, or whatever is appropriate.
 - a. Just be yourself.
 - b. Write down what He said (if you want).