

Hearing Messages from God

Lectio Divina

(traditional steps and terminology in red)

I. Step #1: Select a short passage of the Bible to read from your regular reading program.

It should be from about a paragraph to a chapter long.

II. Step #2: Read it and notice which words, phrases or verses make you react the most. Which words “jump off the page” at you? --- 1.Lectio

By doing this I receive God’s Word for my life today. Write these down in your journal.

III. Step #3: Notice your life as it is right now (Examen) by asking yourself the following questions. Write the answers in your journal.

A. What are 2 major concerns in my life right now?

This helps me focus my mind on what God’s message will likely be about.

B. What are 2 joyful things in my life from the past week?

This reminds me that God is nurturing and strengthening me.

C. What are 2 areas where God may be asking me to grow, triumph, or endure?

This is where God is likely to direct you using the scriptures that impressed you.

1. What has my response to God been so far?

This is now a good time to talk to God about the attitude, action, or feeling that has been your response to the situation.

2. How can the scripture message help me to grow, triumph, or endure?

By remembering God’s message for me from His Word, I am assured of His constant presence in my life. The Word helps us orient our soul to God and His ways.

IV. Step #4: Meditate: Let the message become pictures in your mind. --- 2. Meditatio

By doing this, we give the Holy Spirit a chance to create new possibilities and we can envision the work of God through the message or in the situation. Meditating on God’s Word helps me to experience the mind of Christ. Feel free to invite Jesus to participate in the vision or situation.

What does God’s message and imagery ask you to attend to in your life or the lives of others? (Write this down.)

V. Step #5: Pray--Turn the meditation now into words and speak or write them to God.---3. Oratio.

A. What is my prayer for myself in light of God’s message to me?

Praying in harmony with God’s Word opens me to change in my attitudes, actions, and feelings.

B. Also be still now and *listen* for a still small voice from your intuition. Write down anything you hear.

This may be insight coming from a wise part of your mind, a spontaneous image, or words or thoughts that begin to flow spontaneously. Honor the voice by writing it down. You can apply discernment later. At this point, just receive it. With growth or at certain times, it may be the voice of God. Be sure to check any serious decisions you might want to make from this voice with wise advisors or spiritual directors.

VI. Step # 6: Contemplate--Open your heart toward God and direct all of your hopes and longings to Him.--- 4. Contemplatio

Let the images and thoughts drift away and just focus on desiring God’s presence and love and power for your life. Be aware of what my experience of God is at this moment. In the words of The Cloud of Unknowing, “direct your naked longing to God. Use here your sacred word should you find your thoughts wandering (ie. Centering Prayer technique)