Spiritual Practice: Lectio Divina
adapted by Disciples Peace Fellowship

Lectio Divina in Latin means “Divine Reading.”
This form of spiritual reading of scripture originated in the Benedictine tradition and involves a deeply personal and prayerful encounter with passages from the Bible.

Simply Take in the Passage
Read the passage aloud in a prayerful and unhurried way. Take in the passage and allow it to “register” with you.
At some point your brain might say “I know this passage” and stop paying attention. Notice this, and then pay even closer attention to the reading.

Listen for a Word or Phrase that speaks to you.
Read the passage out loud again, even more slowly this time. Listen for a word or a phrase that “shimmers” or reverberates in you.
Pause to reflect on that word.
If sharing this practice in a group, invite everyone to share their word out loud without any further explanation.

How does your word or phrase connect to your life?
Read the passage out loud a third time listening for how your word/phrase connects to your life.
How does it relate to what they have seen and heard this day? How does it speak to what is happening at home, at work, in leisure time, in their community, in the world?
Scripture Suggestions
for Practicing Lectio Divina

Luke 10: 38-42 Mary and Martha with Jesus
Mark 10:46-52 The Healing of Bartimaeus
Matthew 8:28-34 The Gadarene Swine
Genesis 32:22-31 Jacob Wrestles the Angel
Exodus 3:11-14 The Name of God
Matthew 5:14-16 The Light of the World
Matthew 5:19-21 Treasures in Heaven
Ezekiel 36:26 A New Heart
John 8:2-11 Casting the First Stone
Matthew 8:13 Become Like Children
Matthew 6:25-34 The Lilies of the Field
Matthew 10:8 Cure the Sick
John 20:11-18 Easter Morning
Acts 2:1-13 The Day of Pentecost
Matthew 14:13-21 Loaves and Fishes
Luke 2:41-52 Jesus as a Youth

Matthew 3:13-17 The Baptism of Jesus
Exodus 3:1-6 The Burning Bush
John 1:1-15 The Word Became Flesh
Mark 6:7-13 Jesus Calls the Twelve
Romans 5:1-5 Peace and Hope
I Corinthians 13:1-13 The Gift of Love
II Corinthians 4:7-11 Treasures in Jars
II Corinthians 5:11-15 Reconciliation
Ephesians 1:17-23 Prayer for the Saints
Ephesians 3:14-21 Prayer for the Readers
Philippians 1:3-11 Thanksgiving and Prayer
Mark 4:35-41 Jesus Calms the Storm
Romans 12:9-12 Marks of a True Christian
Matthew 5:1-10 The Beatitudes
1 John 4:7-11 God is Love
Matthew 5:13-16 Salt and Light
Psalm 23 The Divine Shepherd