



LECTIO DIVINA • STUDY METHOD

A Bible Study method that creates space to hear God speak

Best for

Those seeking to hear God speak through His Word in a busy, noisy world.

Concept

Imagine enabling people to create a place of silence in a busy, noisy world where they can hear God speak through His Word.

Lectio Divina (Latin for Divine / Sacred Reading) is an ancient spiritual practice from the Christian monastic tradition that allows us to experience the presence of God through reading and listening, prayer, meditation and contemplation. It is a simple, easily learned spiritual practice to slow life down and allow God to speak clearly through His Word into life.

Features

- Simple and easy to learn.
- Helps to create space to hear God in a noisy and busy world.
- Can be practised individually or as a group

Method

Preparation

Choose a text to study. Nothing too long – perhaps only a verse. The aim is to cover scripture in depth not volume. Choose a place to study. Somewhere quiet, without distractions and interruptions.

Study

The method below is for individual study. For group Lectio Divina, have folk do each task individually in silence, then share what they are hearing from God with the group.

Start with prayer: Take time at the beginning to be silent, to prepare to meet with and hear from God.

Reading: Read through the text slowly and repeatedly. As you read, pay attention to a word, phrase or idea that catches your attention.

Meditation: Begin to meditate on the word, phrase or idea that has captured your attention. Repeat it again and again. Consider what thoughts come to mind as you meditate on this word, phrase or idea. What does it remind you of? What does it make you hope for? Don't worry when random thoughts enter your head. As they come, offer them to God.

Prayer: Pray to God. Tell God what word, phrase or idea captured your attention and what came to mind as you meditated upon it. How is God using this word, phrase or idea to bless and transform you? Tell God what you have been thinking and feeling as you've listened and meditated. Tell God how you hope he will use this word, phrase or idea to change your heart to be more like his.

Contemplation: Finish by focusing your attention on the fact that God is present with you. Be still before God and invite him in. Few words, if any, are necessary here. Enjoy time in his presence. Just be with him and let him love you and refresh your soul.