

**Lectio Divina:** Lectio Divina is a Latin phrase meaning ‘divine or holy reading’. This is an ancient form of reading and praying the word of God that trains us to listen to His whisper as God speaks to our hearts, allowing His word to become alive to us. This practice is not so much focused on becoming informed by the text but rather being transformed by it.

(Use a passage of scripture anywhere from 5 to 10 verses i.e. Ephesians 3:14-20)

<sup>14</sup> For this reason I kneel before the Father, <sup>15</sup> from whom every family in heaven and on earth derives its name. <sup>16</sup> I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup> may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, <sup>19</sup> and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.<sup>20</sup> Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, **Ephesians 3:14-20**

**Lectio Divina is described in four main phases:**

**1. Read (Lectio)**

To begin, pick a passage. Choose any of the Psalms, a passage in one of the Gospels, or the daily verse on your Bible app. First, invite the Holy Spirit to come and guide you, then read the passage slowly, out loud if you can. Read it twice with one minute of silence in between.

**2. Reflect (Meditatio)**

Meditating on the passage you have read, choose one word or phrase that you have noticed more than others during your reading. Write this word down and begin processing what God might be saying to you through this.

**Re-Read the passage again.**

**3. Respond (Oratio)**

Speak in prayer what you sense God is saying to you. Tell Him how you feel, encouraged, challenged, comforted by what He is saying to you and ask that His word in your heart would develop deep rooted truth that would lead to fruitfulness.

**4. Rest (Contemplatio)**

Simply take a few moments just to sit in God’s presence in silence. Just be with Jesus as you allow his love to surround you and the words that you have heard and read rest on you.

**\*\* Finish by praying and articulating one way you might be able to live out the word that has been stirred in your heart in your daily life.**