

# *Lectio Divina*

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*An ancient church practice meant to engage our minds,  
hearts, and God-given imaginations with Scripture.*

*"We have to listen in a very personal and intimate way to the word of  
God as it comes to us through the scriptures, letting the word descend  
from our minds into our hearts."*

*-Henri Nouwen*

## *Three Questions in Lectio Divina*

### *One Word*

What is one word or phrase the Holy Spirit impresses on you? In silence, meditate on that.

### *Feelings*

What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

### *Invitation*

What is God's personal invitation to you from the Scripture? You can write down what the Lord may be saying to you or a prayer of thanks. Or simply rest quietly in the Spirit's presence.

*Using one of the scriptures listed below, stay in quiet prayer using the above three questions for a few minutes.*

The Lord's Prayer, Matthew 6:9-13

The Beatitudes, Matthew 5:1-12

The Armor of God, Ephesians 6:10-19