

Practicing Lectio Divina (Individual)

Implementing Lectio Divina may feel awkward at first. So, there are a few things you can do to prepare for the journey. First, pick a quiet place to ponder. Have your Bible and a journal/notebook handy. Next, breathe deeply and allow your mind and body to relax. Slow your mind. Listening to soft music or looking at restful pictures can sometimes help. Then, welcome the peace of sitting with God and begin.

Reading – Phase 1

- Choose a passage of scripture. Here are some suggestions:
 - ❖ Psalm 42, 46, or 91
 - ❖ Isaiah 40:25-30 or 55:1-11
 - ❖ Jeremiah 1: 6-19
 - ❖ Matthew 6:25-34
 - ❖ Ephesians 3:14-21
 - ❖ 1 Peter 1:3-25
- Read the passage a couple of times. Chew on it in your mind and savor it.
- Resist the urge to be technical. Instead, listen for a word or a phrase that catches your attention.
- Take time to pause after reading, or even after each phrase. Allow yourself the time to cherish the words.
- Write it down or just focus on that word or phrase.

Reflecting – Phase 2

- As you focus on the word or phrase, think about any images, thoughts or memories that come to your mind.
- Remain in quiet contemplation and ask God to speak to you through his Word.
- You can ask questions, then wait and listen for a reply.
- Be willing to wait patiently.

Responding – Phase 3

- At some point, you may want to respond to God in prayer.
- Don't be tempted to rush it. Give yourself the gift of time to listen and communicate.
- Sometimes there will be an answer, other times there won't be. Make notes in your journal about your questions and any answer you received.
- Relax your mind and enjoy the peace of his presence.

Residing – Phase 4

- In this final phase of Lectio Divina, your time with God will draw to a close.
- Again, don't allow yourself to feel rushed.
- Sit and consider how you will apply what you heard.
- You can end with a prayer of thankfulness, listening to a worship song, or simply say "Amen."

On the following pages is more information and suggestions you can use to expand your Lectio Divina time.

Preparing for Lectio Divina

Use the following to relieve any stress you may be feeling that might hinder your quiet time with God.

Tension check

Scan your body from head to toe and when you become aware of an area of tension or discomfort, gently tense it, release it and then relax. Breathe deeply.

Massage

Gently massage your forehead, head and neck, as though you were shampooing your hair. Allow this to help you relax.

Word Response

Choose a word or brief phrase that helps you to relax, such as *peace*, *relax*, *be still*, etc. Close your eyes and slowly repeat this word or phrase to yourself until you start to experience its meaning.

Peaceful place

If you can't be in a beautiful place, imagine one like a forest, park, country lane or sandy beach. Use all your senses to experience this place fully. Allow these images in your mind to relax your body.

One-Minute Relaxation - "*Be still, and know that I am God.*" (Psalm 46:10) (NIV)

Spend a few seconds focusing on your breathing, deep and slow. Then slowly repeat the Scripture above, emphasizing a different word each time you say it. Then whisper "*Be Still*" a few times to calm your spirit.

You Are What You Think - "*For as he thinks in his heart, so is he.*" (Proverbs 23:7) (AMP)

Take an inventory of your thoughts. Just like words, they can be containers of power – good or bad. What we say, usually comes from what we think. If you feel caught in a negative pattern of thinking, ask God to help you and surrender your thoughts to Him.

Palms Stress Relief

"*Cast all your cares on the Lord and he will sustain you.*" (Psalm 55:22) (NIV)

Sit in a comfortable position with the palms of your hands facing upwards. Breathe deeply and slowly. Then, turn the palms of your hands over to face the floor. Mentally release to God all the things that are troubling you or causing your stress at that moment. Imagine putting down a bag full of unnecessary, heavy objects and taking each one out, putting them into the hands of God. Name them, if necessary, so you can fully release each stressor to Him. Finally, turn the palms of your hands upwards again and spend a few minutes receiving God's love, joy and peace.



Reading

Picking scripture to read doesn't need to be difficult. However, sometimes we may not know where to start. Below are some suggested passages, which can give you a place to begin.

<i>Psalm 41</i>	<i>Psalm 139</i>	<i>Jeremiah 16-8, 17-19</i>	<i>Philippians 4:4-13</i>
<i>Psalm 46</i>	<i>Isaiah 40:24-30</i>	<i>Romans 8:28-39</i>	<i>Hebrews 10:19-25</i>
<i>Psalm 91</i>	<i>Isaiah 55:1-2, 8-11</i>	<i>Ephesians 3:14-21</i>	<i>1 Peter 1:3-9</i>

Read through the scripture slowly, thoroughly savoring the message. Then reflect, respond and reside on a word or phrase which stands out.

Reflecting

Reflecting is the process of consuming the message, allowing it to permeate your soul.

One-Word Meditation

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” (Galatians 5:22-23) (NIV)

Focus your attention on one fruit of the Spirit. Sit quietly and concentrate on one aspect of it. Think about the quality, what it means, and then how you can use it more fully in your life.

Reflecting on God

Use the following Scriptures to ponder the wonder of God.

Who God is:

- *Genesis 22:13-14*
- *Psalm 19*
- *John 1:14*

What God has done:

- *Psalm 8*
- *Job 33:4*
- *Galatians 3:13-14*

What God has said:

- *Psalm 19:7-11*
- *Matthew 5:18*
- *II Timothy 3:16*

What God has commanded:

- *Exodus 20:1-17*
- *Ephesians 6:1-20*
- *Colossians 3:16*

What God says about me:

- *Genesis 1:27*
- *Jeremiah 1:4-5*
- *John 17:23*



Suggestions for Meditating on the Names of God

The Creator – Colossians. 1:16
Mighty God – Isaiah. 9:6
Son of God – John. 1:49
Holy One of God – Luke 4:34
Deliverer – Romans 11:26
Great Shepherd – John 10:12
Savior of the world – John 4:42
The Way – Hebrews. 10:19-22
Dayspring – Luke 1:78
Light of Life – John 8:12
Bright & Morning Star-Revelation 22:16-17
Light of the world – John 8:12
Brother - Hebrews 2:11
Master – II Timothy 2:21
Bridegroom – Mark 2:19
Ancient of Days – Revelation. 1:14
The Comforter – II Thessalonians. 2:16-17
Cornerstone – Eph. 2:19-22
The Ark of the Covenant – Hebrews. 9:3-5
Compassionate – Matthew. 9:35-36
Anchor of our Souls – Hebrews. 6:19-20
The Answer – Jeremiah 33:3
All in All – Ephesians. 1:22-23
God's Beloved – Matthew. 12:18
Heir of All Things – Hebrews 1:2
The Lamb – John 1:29
The Righteous - I John 2:1
The Life – John 14:6
Eternal Life - I John 5:20
Prince of Life – Acts 3:15
Governor – Matthew. 2:6
The King – Matthew 21:5
King of the Jews Matthew 27:11
Messiah the Prince - Daniel 9:25
King Eternal, Immortal,
Invisible – I Timothy 1:17
God of the whole earth – Isaiah 54:5
Lord over all – Romans 10:12
Author and Finisher of our
Faith - Hebrews 12:2
Lamb of God – John 1:29
Son of Man – Matthew 11:19
The Truth – John 14:6
Word of God – John 1:1
King of Israel – John 1:49

Lord from Heaven – 1 Corinthians 15:47
Emmanuel (God with us) - Matthew 1:23
He that Sanctifies - Hebrews 2:11
Guardian of our souls - 1 Peter 2:25
Wonderful, Counselor – Isaiah 9:6
Water of Life – John. 4:13-14
Wisdom of God – Isaiah 11:1-2
Light of Men – John 1:4
Light to Lighten the Gentiles – Luke 2:32
Everlasting Father – Isaiah 9:6
Teacher – John 3:2
The Vine – John 15:1
Arm of the Lord – Isaiah 52:10
The Branch – Isaiah 11:1-2
Our Dwelling Place – Psalm 90:1-2
My Friend – Luke 5:20
Bruised for us – Isaiah 53:5
The Door – John 10:9
Our Authority – Jude 24
The Angel of the Lord – Exodus 23:20-21
Our Atonement – Romans 5:10-11
Chosen One – Isaiah 42:1
The Rock – 1 Corinthians 10:4
Bread of Life – John 6:35
The Word of Life – 1 John 1:1
Our Life – Colossians 3:4
The Resurrection and the Life – John 11:25
King of the Ages – Revelation 15:3
Good Master – Mark 10:17
King of Kings – 1 Timothy 6:15
Lord of Lords – 1 Timothy 6:15
Prince of Peace – Isaiah 9:6
Leader and Commander – Isaiah 55:4
Firstborn of All Creatures –
Colossians 1:15
Alpha and Omega – Revelation 22:13
Advocate with the Father – 1 John 2:1
Servant – Luke 22:27
Son of God – John 1:49



Responding

Suggested Prayers to Pray

Lord, open my life to Your leading and my lips to speak Your truth. Open my eyes to Your presence and my ears to Your voice. Open my mind to Your Word and my heart to Your love.

Father, I abandon myself into Your hands; do with me what You will. Whatever You may do, I thank You: I am ready for all. I accept all. Let only Your will be done in me. I wish no more than this, O Lord. I surrender myself into Your hands.

Ephesians 3:17-19 (personalized)

Lord, I pray that “I,” being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that “I” may be filled to the measure of all the fullness of God. (NIV)

Ephesians 1:18-19 (personalized)

Lord, I pray also that the eyes of “my” heart may be enlightened in order that “I” may know the hope to which “You” have called “me,” the riches of “Your” glorious inheritance in the saints, and “Your” incomparably great power for “me” to believe. That power is like the working of “Your” mighty strength. (NIV)

Colossians 1:9b-12 (personalized)

God, fill “me” with the knowledge of “Your” will through all spiritual wisdom and understanding. And “I” pray this in order that “I” may live a life worthy of “You” and may please “You” in every way; bearing fruit in every good work, growing in the knowledge of “You”, being strengthened with all power according to “Your” glorious might so that “I” may have great endurance and patience. (NIV)

Lord, I want to know You more. I want to hear what You want me to hear. Please show me something of Yourself today.

Choose a phrase from any of the following Scripture and pray it.

<i>Psalm 42</i>	<i>Isaiah 40:25-30</i>	<i>Matthew 6:25-34</i>	<i>Ephesians 3:14-21</i>
<i>Psalm 46</i>	<i>Isaiah 55: 1-2, 8-11</i>	<i>John 15:1-17</i>	<i>Philippians 4:4-13</i>
<i>Psalm 91</i>	<i>Jeremiah 1:6-8, 17-19</i>	<i>Romans 8:28-39</i>	<i>Hebrews 10:19-25</i>
<i>Psalm 139</i>	<i>Lamentations 3:17-26</i>	<i>I Corinthians 1:1-9</i>	<i>I Peter 1:3-9, 24-25</i>

Use these questions to facilitate an open conversation with the Lord:

- What do you want me to know about my relationship with You?
- What do you want me to know about how my character needs to change?



Residing

Use any of the following questions to help discern how best to reside, apply God's Word and let Him do His work in and through you.

- What did I learn from the Scripture I read?
- What did the Lord reveal to me?
- What is the first thing I will do differently as it relates to residing in God?
- How can I plan to preserve and maintain a more intimate relationship with him?

