



LECTIO DIVINA

# DIVINE READING

A SPIRITUAL PRACTICE GUIDE BY KALEO PHOENIX

## READ A SCRIPTURE PASSAGE OF YOUR CHOICE

For practice as a small group or by yourself...

*"Lectio Divina* is a way of reading the Scriptures that is congruent with the way the Scriptures serve the Christian community as a witness to God's revelation of himself to us. It is the wise guidance developed through the centuries of devout Bible reading to discipline us, the readers of Scripture, into appropriate ways of understanding and receiving this text so that it is formative for the way we live our lives, not merely making an impression on our minds or feelings. It intends the reading of Scripture to be a permeation of our lives by the revelation of God."  
(Eugene Peterson, *Eat this Book*)

**LECTIO:** Reading God's Word - What is Jesus (the Word) trying to convey?

- Read the passage once.
- Be silent with Jesus for 1-2 minutes: What is a word or phrase that stands out to you?
- Share and/or write down that word or phrase.

**MEDITATIO:** Reflecting on God's Word - What is Jesus (the Word) speaking to me?

- Read the passage a second time.
- Be silent with Jesus for 1-2 minutes: Where does this reading touch your life today?
- Share and/or write down: I hear, I was struck by...

**ORATO:** Responding to God - What is Jesus (the Word) inviting me to do?

- Read the passage a third time.
- Be silent with Jesus for 1-2 minutes: Reflect on how God is calling you to respond.
- Share and/or write down how God is inviting you to respond.



**CONTEMPLATION:** Resting in God - Being with Jesus (the Word)

- Read the passage a fourth time.
- Rest in Jesus in silence for 1-2 minutes.
- Conclude with the Lord's prayer or a spontaneous prayer.

