

Lectio Divina

Lectio divina is, in its most basic form, a slow and meditative reading of Scripture. It is a way to slow down and simply be with the Lord and His Word.

***Help me understand the meaning of your commandments,
and I will meditate on your wonderful deeds.***

Psalm 119:27 NLT

Simple steps:

First, pray that God will open your heart and mind to His Word.

Next, choose your Scripture. You could select verses from a study or a familiar passage that's special to you. It's best if the passage is fairly short, usually one to four verses.

1. Read the verses very slowly, savoring every word. Sometimes reading aloud is helpful to hear the words in context. Let your thoughts focus, word by word, on what is being said.

2. Now, on a second reading, what stands out to you? Meditate on the meaning of the words and phrases. What are you hearing that you had not before? What are your questions? Form a mental picture of what the words are saying. Mark particular words or draw a quick sketch if you are artistically inclined. You could also jot down questions about the meaning.

3. On the third reading, contemplate how God is speaking to you through the text. How does it apply to your life? Are there new meanings for your life beyond those you've previously discovered? Are any of your questions being answered? Make some notes or journal a bit. Continue to be focused and quiet. End your time by praying about what you've read.

There is no right or wrong way to meditate on God's Word. In the end you've spent meaningful time with Him. I believe He honors our time when we linger over His Word and listen.