

Putting it into practice

While we don't want Lectio Divina to become a burden, we do want to choose to participate in this practice at least once a week.

Here are some ideas that some people have found to be helpful.

1. Choose a quiet place where distractions are limited.
2. After you have finished, write down in a journal what you received (rather than what you learned).
3. At the end of the week, look back at what you have written, asking God to continue to speak to you through His Word and Presence.

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Spiritual Practice: Lectio Divina



*God's love living in me,
around me, and through me*



What is Lectio Divina

Lectio Divina is a way of reading Scripture that calls us to contemplate God's Word rather than consume the letters on a page. This spiritual discipline has been practiced since the early centuries of the Christian Church. Rather than reading a passage and trying to figure out its meaning, Lectio Divina reminds us to listen to the Author of Scripture.

How do we participate in this practice?

1. Ask God to be present with you as you open His Word. Take a few moments to be still and recognize the Presence of God in you.
2. Choose a short passage of Scripture, perhaps one that has come to your attention during the past week.
3. Slowly read the passage of Scripture. This can be read silently; however, there is value to hearing the Word read aloud, either by someone else or yourself.
4. As you listen to the Scripture, be aware of words or phrases that stand out to you.
5. Read the passage of Scripture slowly again. What words or phrases again stand out?
6. Ask God to be with you as you listen to these words and phrases. Is He showing you more of Himself? Is He revealing to you something that you need to see in yourself? Is He allowing you to see new possibilities? Is He directing your steps or your thoughts?
7. Be still in the Presence of God. Rest in joy and peace with thanksgiving that you have had this opportunity to commune with Him.

Why should we practice Lectio Divina?

Reading Scripture can feel burdensome. It can be overwhelming. Sometimes – perhaps too often – it is like a school assignment to be dreaded. What if I can't remember what I read? Will there be a test at the end?

What if reading Scripture wasn't just about learning information, but instead another way of being in the Presence of God, of listening to what He has to say. If we believe – and we do! – that Scripture is more than just the written letters arranged on a page, but is the living Word through which God speaks, then perhaps, allowing God a chance to speak through Scripture rather than merely hearing what we have heard in the past, or what we read in a book, is a great way to engage with the practice of reading the Bible.

