

to be with God, with no other agenda.

“Resting” doesn’t necessarily mean sitting still - you may like to use the time to “go for a walk with God” in silent companionship.

So ...

Read ... Reflect ... Respond ... Rest

You may find that you move back and forth between these aspects of the Lectio Divina. They flow into one another, and need not be sequential in the way this explanation may suggest.

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The more we open ourselves to God in this way, the more we will find our minds, hearts and lives are transformed.

*Blessed are those who do not
walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
but who delight in the law
of the LORD
and meditate on his law
day and night.*

*They are like a tree
planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.
(Psalm 1:1-3)*



*Feel free to reproduce these guidelines for your own use or to give to others
(David Crawley, 2011)*

‘Lectio Divina’



A transformational way to pray with Scripture

Praying with Scripture

“Lectio Divina” (Latin for “spiritual reading”) is a simple way to pray with a short passage of Scripture, and has been used since early Christian times.

Picture people gathered in a religious community to hear the Bible being read. When a particular part of the reading touched a person’s heart they would take that word or phrase away with to meditate on and pray with.

Select a short passage to pray with, for example Psalm 1, Psalm 23, Isaiah 43:1-4; 49:13-16, Matt 6:25-34, John 15:5-12. Before you begin, take some time to settle yourself, relax, and open yourself to God as you approach this time of meditation and prayer.

READ: notice what you notice ...

As you read the passage through a couple of times, be aware of any word or phrase, picture or idea, that touches you in some way ... it doesn’t matter if you don’t know why you respond to it. Nor does it matter what *kind* of response you have ... it might be joy, sadness, gratitude, boredom, anger, etc. Just “notice what you notice” about your own inner responses to the reading.

If there is nothing in particular that touches you at this stage, don’t worry or feel pressured. Stay with the passage as a whole, and be relaxed about whether anything “happens” or not.

If something does prompt a response, stay with it. Perhaps note the word or phrase in your journal.

REFLECT: meditate on the significance for you ...

When Mary heard the angel’s greeting to her, and when she heard her Son saying things she didn’t understand, Luke tells us that she “pondered” and “treasured all these things in her heart.” Take time now to gently chew over the words, picture or idea from the Bible passage that may have connected with you in some way.

What is happening in your life that this may be speaking into?
Is there an invitation here for you? What is it?

Ideas to help you meditate:

- You may like just to sit (or walk) and ponder.
- You could write your reflections in your journal.
- You could draw a picture that expresses your feelings in response to what you have read.

RESPOND: take your reflections into prayer ...

Prayer is a conversation. If you sense that God has spoken to you in some way, now is the time for you to respond to God:

- Your prayer might be in words, spoken or written.
- You could write a letter to God, expressing your honest responses in words that are for God’s eyes only.
- Again you may like to draw something, or find some other way to express your prayer in non-verbal form.

REST: let go and be open ...

The first three aspects of the *Lectio Divina* approach to prayer are active - listening, meditating, praying.

The final step is to take your hands off the controls and give some space time simply to “being” with God - to accept this invitation:

“Be still and know that I am God.”

As you still your heart, God may have more to say to you. Or it may simply be a time to rest in God’s love, and to savour this opportunity

Continued over ...