

### ***Lectio Divina***

*Listening to the Word of God in Scripture*

Lectio Divina means “Divine Reading” and is one of the great treasures of the Christian tradition of prayer. It is a reflective reading of scripture, a method of prayer that leads us into the deeper meaning of scripture and the transformation of our lives. It is a way of deepening a relationship with Christ, a way of listening to the texts of Scripture as if we were in conversation with Christ and he was suggesting the topics of conversation. The daily encounter with Christ and reflection on his word leads beyond mere acquaintance to an attitude of friendship, trust and love. Gregory the Great (6<sup>th</sup> century) in summarizing the Christian contemplative tradition expressed it as “resting in God.”

#### **Guidelines for Lectio Divina (can be done individually or with a small group)**

Step One: Read passage and encourage everyone to listen with the “ear of their heart.”

What phrase, sentence or even one word stands out to you?

Step Two: Read the passage again and **reflect** on the word of God. Encourage everyone to be aware of what touches them, a thought or reflection that is meaningful. Allow a minute or two minutes of silence.

Step Three: Read the passage again and **respond** spontaneously to the word of God. Be aware of any prayer that rises up within that expresses the experience. Allow a minute or two minutes of silence.

Step Four: Read the passage a final time and **rest** in the word, reflect or pray and allow God to speak in the silence. Allow three or four minutes of silence.

To extend the practice, take the phrase, sentence or word into your daily activity and listen to it, reflect on it, pray over it, and rest in it as time allows during the day. Allow it to become part of you.

There are no “should, oughts, or musts.” Listen with the ear of your heart and let the dialog with God unfold in its own time and let the Holy Spirit take the lead. We need to trust that God is eager to be with us and to share with us the inner peace and freedom we desire.



**Central States Synod**

**Evangelical Lutheran Church in America**

God's work. Our hands.