



*While most reading plans focus on reading large portions of the Bible, Lectio Divina is an ancient way to read and meditate on individual scriptures.*

The name “Lectio Divina” is Latin for “Divine Reading”. This practice is not just used for studying Scripture; it is used to hear from God. In Lectio Divina, you allow the *scripture* to study *you* as you sit with the text in God’s presence. Lectio Divina creates space for God to speak to you about His word.

## How to Practice Lectio Divina:

(You will need 10-15 minutes for this practice.)

1. **Listen:** Find a comfortable, quiet place to sit. Take one minute of silence and ask God to speak with you during this time. (Sitting in silence gets easier the more it is practiced.)
2. **Read:** Start by reading the passage. Read it again and look for a single word or phrase that stands out to you. Spend some time contemplating the word or phrase.
3. **Reflect:** Ask yourself, “How does this passage or phrase apply to my life?” The application here may be very personal.
4. **Respond:** Pray that God would show you what He wants to show you in this passage. Perhaps it is a conviction to follow Him, some insight into an emotion, or an idea or action you can take. Ask God to clarify this for you.
5. **Contemplation:** Read the scripture one final time and close in another minute of silence.

### EXODUS | *Practice Lectio Divina with one of the texts below.*

- **3:9-10** | Look! The cry of the people of Israel has reached me, and I have seen how harshly the Egyptians abuse them. <sup>10</sup>Now go, for I am sending you to Pharaoh. You must lead my people Israel out of Egypt.”
- **14:13-14** | But Moses told the people, “Don’t be afraid. Just stand still and watch the Lord rescue you today. The Egyptians you see today will never be seen again. <sup>14</sup>The Lord himself will fight for you. Just stay calm.
- **15:2** | The Lord is my strength and my song; he has given me victory. This is my God, and I will praise him— my father’s God, and I will exalt him!
- **20:11** | For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.
- **32:1** | When the people saw how long it was taking Moses to come back down the mountain, they gathered around Aaron. “Come on,” they said, “make us some gods who can lead us. We don’t know what happened to this fellow Moses, who brought us here from the land of Egypt.