



*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.

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

- **1:1** | In the beginning God created the heavens and the earth.
- **15:1** | Some time later, the Lord spoke to Abram in a vision and said to him, “Do not be afraid, Abram, for I will protect you, and your reward will be great.”
- **28:15** | What’s more, I am with you, and I will protect you wherever you go. One day I will bring you back to this land. I will not leave you until I have finished giving you everything I have promised you.”
- **39:20-21** | So he (Potiphar) took Joseph and threw him into the prison where the king’s prisoners were held, and there he remained. <sup>21</sup> But the Lord was with Joseph in the prison and showed him his faithful love
- **50:20** | You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.