



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.

Practice Lectio Divina with one of the texts below.

- **1 Samuel 2:1-2** | “My heart rejoices in the Lord! The Lord has made me strong. Now I have an answer for my enemies; I rejoice because you rescued me. No one is holy like the Lord! There is no one besides you; there is no Rock like our God.”
- **1 Samuel 16:7** | But the Lord said to Samuel, “Don’t judge by his appearance or height, for I have rejected him. The Lord doesn’t see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.”
- **2 Samuel 6:22** | I will be honored less than this. I will be without pride in my own eyes. But the young women you have spoken about will honor me.”
- **2 Samuel 7:13-16** | He is the one who will build a house—a temple—for my name. And I will secure his royal throne forever. I will be his father, and he will be my son. If he sins, I will correct and discipline him with the rod, like any father would do. But my favor will not be taken from him as I took it from Saul, whom I removed from your sight. Your house and your kingdom will continue before me for all time, and your throne will be secure forever.