



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.

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

- **6:1-3** | It was in the year King Uzziah died that I saw the Lord. He was sitting on a lofty throne, and the train of his robe filled the Temple. Attending him were mighty seraphim, each having six wings. With two wings they covered their faces, with two they covered their feet, and with two they flew. They were calling out to each other, “Holy, holy, holy is the Lord of Heaven’s Armies! The whole earth is filled with his glory!”
- **9:6-7** | For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. His government and its peace will never end. He will rule with fairness and justice from the throne of his ancestor David for all eternity. The passionate commitment of the Lord of Heaven’s Armies will make this happen!
- **53:6** | All of us, like sheep, have strayed away. We have left God’s paths to follow our own. Yet the Lord laid on him the sins of us all.

- **61:1-3** | The Spirit of the Sovereign Lord is upon me, for the Lord has anointed me to bring good news to the poor. He has sent me to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed. He has sent me to tell those who mourn that the time of the Lord's favor has come, and with it, the day of God's anger against their enemies. To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the Lord has planted for his own glory.
- **62:6-7** | O Jerusalem, I have posted watchmen on your walls; they will pray day and night, continually. Take no rest, all you who pray to the Lord. Give the Lord no rest until he completes his work, until he makes Jerusalem the pride of the earth.