

# Discipleship Group

## YOU ASKED FOR IT Lectio Divina Group Study

Message Link : <https://www.youtube.com/watch?v=H--1-CFPkxQ>

This study unpacks How to Read the Bible as a part of the *You Asked for It* series teaching us about the ancient practice of Lectio Divina. Lectio Divina (Divine Reading) helps us engage in the word from a place of delight, not duty: we read, reflect, respond, and rest/obey so the Word doesn't just inform us, but forms us. In a world full of second-hand revelation, God invites each of us into personal intimacy with Him through His living Word.

### Key Scriptures

- **Psalm 1**
- **Hebrews 4:12**
- **James 1:22** *"Don't fool yourself into thinking that you are a listener when you are anything but, letting the Word go in one ear and out the other. Act on what you hear!"*

### Key Takeaways:

- **Scripture is given for our formation, not just our information.**
- **Meditation (hagah) = chewing the Word.** It's active engagement—muttering, mulling, and slowly "chewing" truth until it becomes part of us.

### Practice of Lectio Divina



**LECTIO - Read** with an openness to the Holy Spirit  
**MEDITATIO - Reflect** on the words/phrases that were highlighted to you.  
**ORATIO - Respond** in prayer, by journalling etc.  
**CONTEMPLATIO - Rest** in what He has said and activate it.



# Discipleship Group

## Discussion Questions

1. **How did you find walking through the practice of Lectio Divina in church on Sunday?**
  - *Follow-up:* Did this type of meditation come naturally or did it take more focused attention than you expected?
2. **Lectio Divina invites four movements: Read → Reflect → Respond → Rest/Obey. Which movement do you naturally skip, and why?**
  - *Follow-up:* What would it look like to slow down and “chew” (hagah) one verse until it sinks in?
3. **Think of a time when Scripture felt especially “alive and active” to you. What was different about how you approached or lingered in the passage?**
  - *Follow-up:* What simple habit (time, place, reading aloud, journaling) helped that happen?
4. **How should we approach the Bible—understanding what it is and isn’t—and what does that reveal about God’s plan to form us, not just inform us?**
  - *Follow-up:* How does viewing the Bible as a meeting place with Jesus (not just a manual) shape your reading this week?
5. **What is one practical step you can take to align your life more closely with this rhythm (e.g., 5 minutes daily, reading a Proverb a day, journaling one verse, sharing in group)?**
  - *Follow-up:* What inspires you—and what challenges you most—about living this out?

## Tips for This Discussion

- The word ‘meditation’ might bring up some questions for people, bring clarity that the new age practice of meditation is about emptying the mind, but the Biblical practice is about filling the mind. The Bible uses the term meditation so we don’t need to fear it, instead have a correct understanding of it.
- **Be Kind, Celebrate Small Steps:** Some are rebuilding rhythms, some are just starting out, celebrate the big and the small.
- **Focus on Jesus:** We read to know Him—let the passage lead you to a person, not just a principle.

## GROUPS PRAYER POINTS

### Pray for each other’s personal journey as a disciple and discipleship in our church

- Being in the presence of Jesus, becoming more like Jesus and continuing the work He did.

### Pray for MORE salvations

- As the world gets darker the light of Jesus shines brighter – pray by name for those in your world that need Jesus – that he might be revealed to them and you might have courage to play your part

