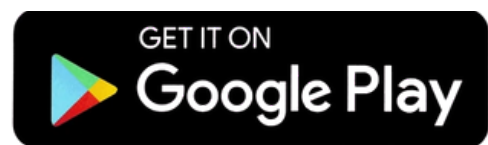


LECTIO DIVINA

A fantastic prayer tool is Lectio Divina. There is an app available on Apple and Android called Lectio 365 that can take you through three different prayers each day (morning, midday, night). They are facilitated by Christian leaders from all over the world, utilising Scripture, reflection, asking and yielding. You can listen along or read through. Download the app using the QR codes below.



*There is also a Lectio for Families available online:
www.24-7prayer.com/lectioforfamilies*

Alternatively, the next page will lead you through a type of Lectio Divina, which simply means 'divine reading' in Latin. This is an ancient form of meditation on the word of God that trains us to listen to Him speaking personally to our hearts, allowing His word to become one with us. Lectio Divina is a reflective and repetitive way to read the Bible, that is not so much focused on becoming informed by the text but rather being transformed by it. Here we are reading purely in the devotional sense – reading for relationship with God more than a type of mental assent to learn more about God. We read the passage not so much as a student seeking to master the subject but as a child receiving a love-letter from a deeply committed and adoring Father.

Lectio Divina traditionally has four main phases which you can use:

1. **Lectio:** Read and Listen. Pick a passage and start.
2. **Meditatio:** Meditate. Explore it. No question is off limits. What did the author mean? How does it make me feel? What does it mean to me?
3. **Oratio:** Pray and respond. A place of intercession and repentance.
4. **Contemplatio:** Rest in God's word. A space of silence, resting in God's presence.

This can be adapted in different ways. Here is a simple version:

1. **Read:** Pick a passage. To begin with, choose any of the Psalms or a passage in one of the Gospels. After inviting the Holy Spirit to come and guide you, read the passage slowly, out loud if you can. Read it twice with one minute of silence in between.
2. **Relish:** We could use the word 'reflect' here also, but relish describes more what we're aiming for at this stage. Meditating on the passage you have read, savour one word or phrase that you have noticed more than others during your reading. Write this word down and begin pondering what God might be saying to you through this. How is this word speaking to your life?
3. **Re-read:** Read the passage one more time.
4. **Respond:** Speak out in prayer what you sense God is saying to you. Tell Him how you feel encouraged, challenged by what He is saying to you and ask that the seed of His word in your heart would develop deep rooted truth that would lead to fruitfulness in your life.
5. **Rest:** Simply take some time to allow God to wrap you in His love, and let the word He has given you rest on you.
6. **Resolve:** Finish by articulating one way you might be able to live out the word that has penetrated your heart in your daily life.