



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.

Torah | Practice Lectio Divina with one of the texts below.

- **Genesis 12:2–3** | “Pray that God I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others... All the families on earth will be blessed through you. Him”
- **Exodus 19:4–6** | “You know how I carried you on eagles’ wings and brought you to myself... And you will be to me a kingdom of priests, my holy nation.”
- **Leviticus 19:2** | “You must be holy because I, the LORD your God, am holy.”
- **Numbers 6:24–26** | “May the LORD bless you and protect you. May the LORD smile on you and be gracious to you. May the LORD show you his favor and give you his peace.”
- **Deuteronomy 6:4–5** | “Listen, O Israel! The LORD is our God, the LORD alone. And you must love the LORD your God with all your heart, all your soul, and all your strength.”