

LECTIO DIVINA



LECTIO DIVINA is the ancient practice of slowly, contemplatively, and prayerfully reading the words of Scripture. This practice invites us to encounter God through His living Word, to pay close attention, and to be fully present.

As we step into the practice of holy reading, we begin to discover the underlying spiritual rhythm of our lives, a rhythm sewn into the creation of the world. Day follows night. Tides rise and fall. Months and seasons rotate with the waxing and waning of the moon. We celebrate new life, even as we grieve significant loss.

Lectio Divina helps us to reconnect with the eternal rhythm of our lives in five stages.

SILENCE

Choose a quiet place, settle into a comfortable position, close your eyes and allow the distractions of the day to slide away. Feel your shoulders relax. Notice the rhythmic beating of your heart. Lean into the presence of God as you inhale. As you exhale, release your heavy burdens, anxious thoughts, and fears.

READING

Lectio is a way of reading patiently and slowly, of listening for God's still, small voice in His Word. Turn to the words of Isaiah 58:11. Read them slowly. Focus on each word. Listen for a single word or phrase that catches your attention. Underline, circle, or highlight it.

*The Lord will guide you always,
he will satisfy your needs in a sun-scorched land
and will strengthen your frame.
You will be like a well-watered garden,
like a spring whose waters never fail.*

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MEDITATION

Meditation is an invitation to savor God's Word, to allow Him to meet us where and as we are, and to touch us *soul deep*.

Explore your thoughts as you pray through these questions:

- What does the word or phrase you underlined mean to you today?
- Is there something you need to change?
- Is there someone you need to forgive?
- Is there something you need to release - worry, frustration, control, anger, apathy, fear, or anxiety?
- What did you feel when the word or phrase caught your attention?
- What is God telling you through the word or phrase?

PRAYER

Prayer is a unique and personal experience, a holy communion and conversation with God. Sometimes we come with words, sometimes we come with the groaning of our heart. It's OK to:

- wrestle with God
- plead with God
- pause in wonder and awe
- lean in close with no words at all
- sing
- worship
- weep
- thank Him

There is no right or wrong way to pray. Prayer is simply, profoundly, mysteriously, intimately, and powerfully how we enter into the presence of God.

CONTEMPLATION

Contemplation is a stage of quiet surrender where we lean into God's embrace and rest in His presence.

LECTIO DIVINA is an opportunity to encounter God in His Word - to be nourished, fed, and refreshed as we sit at His table and savor the living Word. It is a precious invitation to reconnect with the ancient rhythms of our lives as we learn to recognize God's presence in every moment of our lives.

chronic-joy.org/lectio-divina

