



## LECTIO DIVINA - WEEK FOUR

We believe the Bible is the Word of God and, therefore, speaks to us. Two Scriptures from the New Testament remind us of the power of God's Word:

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. 2 Timothy 3:16-17*

*For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Hebrews 4:12*

One way we read the Word of God is to learn about God (His nature, character, etc.). Another way to read the Word is for the purpose of drawing near to God by hearing it speak to us personally in our daily lives. LECTIO DIVINA takes seriously the "alive and active" nature of God's word in penetrating the deepest parts of our being and thoroughly "correcting and training" our lives. There are four steps:

### **Step One: READ**

Read the selected text out loud and slowly while paying close attention to the words or phrases that jump out at you.

### **Step Two: MEDITATE**

Read the text out loud slowly once more and reflect on the importance of the words and phrases that stand out. Meditate on how they connect to your life.

### **Step Three: PRAY**

Read the text a third time allowing the words to form a prayer to God. For instance, if your text is the Galatians 5 passage on the Fruit of the Spirit, your prayer might be requesting God's help to become more joyful or self-controlled because these aspects of the Fruit grabbed your attention as you read over the list. You are not merely memorizing the list of the Fruit but making personal application to your life.

### **Step Four: CONTEMPLATE**

Sit quietly in the presence of God allowing the words of the text to sink into your soul.

Take ten minutes this week on four separate occasions to practice reading the Word of God in this way (LECTIO DIVINA) in order to Draw Near to God.

Suggested Texts: Matthew 5:13-16, 5:20-26; 5:43-48; John 13:1-17; Romans 8:31-39; Galatians 5:22-26; Philippians 2:1-11