



Where am I on the journey?

What were the events before this stretch of the journey?

And, where am I going next?

How is my soul?

How does Jesus interpret my life within the Greater story of God?

*"...the Bible resists us at every turn. It will not cooperate, it will not conform to our schemas, it will not be tamed. But then, of course, Scripture does not seek to be analyzed and understood. The Bible is not a theological textbook, a philosophical treatise or answer to life's questions. It is a thin place through which the presence of God breaks into this world and bursts with unpredictable consequences into our lives. Even though it is not consumed, this book burns with unquenchable fire."
Chris Webb, The Fire of the Word*

LECTIO DIVINA

"Let Scripture interpret you"

Lectio Divina is Latin for divine reading. It is a traditional practice for being attentive with our hearts to God's Spirit by meditating on God's Word. It is a spiritual practice, or discipline, that has stood the test of time but is particularly meaningful and relevant in our noisy, busy, and chaotic culture. Choose a passage of 6-8 verses, although it may be a little longer if it is a story. There are four readings of the passage with 4 minutes of silence after each reading.

Take a moment to turn your attention to God

ATTEND: Slow down and be attentive to your heart.

NOTICE: Notice how you come to this prayerful space: weary, expectant, hopeful, reluctant, celebrating, lamenting, or something else?

KNOW: Know that God is here as you seek to be attentive to God's Spirit.

ENTRUST: Place yourself, your concerns, the burdens you carry, the joys you celebrate, the "to do" list that distracts you into God's hands.

The Practice of Lectio Divina

READ – *Listen for the word, phrase, or portion of the text that draws you*

Listen for the word that tugs at your heart, or the word you resist. Let God's word echo in your heart.

REFLECT – *Listen for God's word to your life*

How does this word speak into your life now?

Where do you find yourself in this story?

RESPOND – *Listen for the invitation*

This is where you respond to God. Does God have an invitation for you in this passage?

REST – *Rest in the Word of God—in God*

Be still. Soak up God's love and rest.

*Your Word is a lamp for my feet, a light on my path.
Psalm 119:105*