

## What is Lectio Divina ?

Lectio Divina ("Sacred Reading") is an ancient practice of spiritual reading & listening to God through His word. The first 1500 years of church history was characterized by this practice. Lectio Divina is much like tuning the radio to your favorite station and singing the song you hear the rest of the day. By really listening to the Scripture as it is read slowly and deliberately, and letting it soak in during a time of silence, you learn to tune your heart to the "gentle whisper" of God. In Lectio Divina, we seek to experience the presence of God through reading/listening, meditation, prayer, and contemplation.



## Lectio Divina as a Soul Training Exercise

### 1. Text

Begin by choosing a section of Scripture that you would like to read and pray.

### 2. Prepare

Do what works best in helping yourself to hear from God. You can sit quietly in a chair in a room, be outside in a favorite place but take whatever posture will help you prepare to receive and experience God's presence.

**3. Read the Word (lectio):** Read a Scripture passage slowly out loud, lingering over the words so that they resonate in your heart. Let it sink in. When a word or phrase catches your attention, don't keep reading. Stop and attend to what God is saying to you. Be open to the Word. Don't analyze it or judge it. Listen and wait.

**4. Meditate (meditatio):** Read the Scripture a second time out loud. Savor the words. Listen for any invitation that God is extending to you in this Word. Reflect on the importance of the words that light up to you. Like Mary, who pondered the Word in her heart, gently explore the ramifications of God's invitation.

**5. Verbal Response (oratio):** Read the Scripture a third time. Now is the moment to enter into a personal dialogue with God. There is no right or wrong way to do this. The important thing is to respond truthfully and authentically. What feelings has the text aroused in you? Identify where you are resistant or want to push back. Become aware of where you feel invited into a deeper way of being with God. Talk to God about these feelings.

**6. Rest (contemplatio):** Rest and wait in the presence of God. Allow some time for the Word to sink deeply into your soul. Yield and surrender yourself to God. Before you leave, you might consider a reminder that can help you dwell with this Word throughout the day.



## Summer Series



## Listening to God through the Psalms

# Reflection

## Questions

Note a word(s) or phrase that is highlighted to you.

How does this practically speak to your life at this time?

Where have you seen God fight for you or protect you?

What is God inviting you to do today ?

What does it take for you to 'Step out of the traffic?

# Scripture

## Psalm 46

God is a safe place to hide,  
ready to help when we need him.  
We stand fearless at the cliff-edge of doom,  
courageous in seastorm and earthquake,  
Before the rush and roar of oceans,  
the tremors that shift mountains.

God fights for us,  
GOD protects us.

River fountains splash joy, cooling God's city,  
this sacred haunt of the Most High.  
God lives here, the streets are safe,  
God at your service from crack of dawn.  
Godless nations rant and rave, kings and kingdoms  
threaten,  
but Earth does anything he says.

God fights for us,  
GOD protects us.

Attention, all! See the marvels of GOD!  
He plants flowers and trees all over the earth,  
Bans war from pole to pole,  
breaks all the weapons across his knee.  
"Step out of the traffic! Take a long,  
loving look at me, your High God,  
above politics, above everything."

God fights for us,  
GOD protects us.