

OVERVIEW

Lectio Divina, or Divine Reading as it is translated, has been practiced in the church since the third century. The "movements" we use today were first described in sixth century writings, so it has been around for a long time. It differs from other methods of Bible study in that while traditional Bible study engages the mind, the focus of Lectio is to engage the heart. To view the scripture as the living word, one that brings life and nurture to the soul.

LECTIONARY

You can access the lectionary texts at lectionary.library.vanderbilt.edu

OR

You can use the Daily Office Lectionary in the Book of Common Prayer (you can order a Book of Common Prayer at anglicanhousepublishers.org)

LECTIO DIVINA

Summary

STEP 1

Ask the Lord to speak to you personally and intimately through the gospel passage for the week. You can use the gospel passage from the Lectionary, or a passage of your choosing.

STEP 2

Read the passage first to familiarize yourself with it.

STEP 3

Read the passage a second time, praying for ears to hear and eyes to see a word or phrase He wants to bring to your attention today.

STEP 4

Sit with your word or phrase for a minute.

Begin a 3rd reading.

Does a picture or image come to mind, or maybe a strong feeling or impression that you can identify?

Remember the number of times that Jesus asked His listeners to picture or imagine something to bring it to life.

STEP 5

Read the passage again, listening for anything you sense God inviting you to do or be as a result of your listening.

STEP 6

Pray for the courage to live into what has been given. Give thanks.