

THE LECTIO DIVINA

The Divine Reading

Doing a devotional is one of the most effective means by which we might encounter the presence of God in our daily lives. For those whom devotionals are not a regular part of your rhythm, this is a guide that may help you to establish that pattern in your life. It is not the only way, nor is it the best way; it is merely a way that you might open yourself to God's presence in prayer.

OPENING PRAYER

Find a quiet and peaceful space. Assume a posture that is comfortable and does not necessitate constant readjusting, such as a good chair. Be sure to have your Bible at the ready and calm your mind by taking a few slow deep breaths. Once you have settled in, you might pray this prayer:

Thank you, God, for this day and this time that I get to spend with You. Please help me to hear You speaking to me in Your Holy Word. Open my heart to feel the power of Your Holy Spirit at work and teach me to walk in the Way of Jesus my Savior. Amen.

LECTIO [read]

Open your Bible to the passage or verses that you are going to study. Begin by reading the selection slowly and out loud. As you do, look for a word, a phrase or an image that gets your attention. Read the selection again with this thought in mind: ***"God, what do you want me to hear in this passage?"***

MEDITATIO [meditate]

Now read the selection a third time. As you do, focus on the word, phrase or image that captured your attention. Let your imagination run a little bit with the notion that God brought that word, phrase or image to you to help you grow closer to Him. The goal here is to understand the text itself, what exactly is being said; not the meaning.

ORATIO [pray]

Read the Passage again. This time you will consider the meaning of the text. ***What does this passage teach us about God? What does this selection show us about humanity? How is God using this passage to challenge you?***

CONTEMPLATIO [reflect]

Read the passage one last time. As you do, move past the word, phrase or image that you've been considering and just sit in God's presence. God is always in the room with you. In this time of prayer and reflection, maybe you were able to sense that presence. Whether you did or not, God was there.

End with a prayer of thanksgiving

JANUARY

Scripture Reflection

- 1** Psalm 139:7-10
- 2** 2 Corinthians 3:16-18
- 3** Psalm 95:1-7
- 4** Psalm 16:1-5
- 5** Psalm 97:1-6
- 6** Ephesians 3:10-13
- 7** Psalm 27:4-6
- 8** Psalm 16:7-11
- 9** Exodus 33:14-17
- 10** Psalm 73:28
- 11** Ephesians 2:14-18
- 12** 2 Corinthians 2:14-17
- 13** Luke 15:8-10
- 14** Genesis 28:16-19
- 15** Psalm 114:7-8
- 16** Luke 1:18-20
- 17** Ecclesiastes 5:1-7
- 18** Habakkuk 2:18-20
- 19** 2 Chronicles 5:7-14
- 20** Psalm 51:11-14
- 21** Psalm 17:1-8
- 22** Psalm 96:9-13
- 23** Genesis 1:1-5
- 24** Proverbs 8:27-36
- 25** Nahum 1:5-8
- 26** Romans 15:14-17
- 27** Acts 3:17-21
- 28** Matthew 5:5-8
- 29** Matthew 18:5-10
- 30** Hebrews 10:19-25
- 31** James 1:2-4

