

Lectio Divina

A GUIDE TO PRAYERFUL SCRIPTURE READING

*Read slowly. Listen closely.
Respond honestly. Rest with God.*



Before You Begin

Lectio Divina means “divine reading.” It is not Bible study in the usual sense, and you do not need to solve the passage. The goal is to receive Scripture prayerfully and make room for God’s Word to meet your real life.

Choose a short passage—the day’s Gospel is an easy place to start. Read it more than once. Silence your notifications. Give yourself permission not to rush.

Read. Meditate. Pray. Contemplate.

- **READ:** Read the passage slowly. What word, phrase or image draws your attention?
- **MEDITATE:** Read again. Why might this word or phrase be touching your life today?
- **PRAY:** Respond to God. Say what you are grateful for, confused by, resistant to, or longing for.
- **CONTEMPLATE:** Stop filling the silence. Rest in God’s presence without needing to produce another thought.

*“Your word is a lamp for my feet,
a light for my path.”*

PSALM 119:105

Take One Small Step

Prayer should shape life. Before you close, ask: Is there one concrete response this passage invites from me today?

My word or phrase:

What I sense God inviting me to notice:

One faithful response I can make:

When Nothing “Happens”

Some prayer times feel full of insight. Others feel quiet, ordinary or distracted. Do not use that as a scorecard. The habit of returning to Scripture forms us gradually. Faithfulness is doing its work even when the page does not light up.

Try This

Use the same Gospel passage for two or three days. Sometimes the second reading opens something you rushed past the first time.