

# Lectio Divina



## Overview

**Lectio Divina is a prayerful way to hear God’s voice while reading Scripture.** It literally means “divine reading” and is a wonderful step-by-step way of approaching the Bible for both individuals and small groups. This practice dates back to the third century and has been used in many monastic traditions throughout the centuries. The following instructions show how Lectio Divina can be used with the Discovery Bible Study questions to provide a greater emphasis in hearing from God either for a group of Jesus followers or for individuals.

## Getting Started

1. Follow the first steps of the Discovery Bible Study with the Community Questions and Review of the Accountability Questions from the previous week.
2. Introduce the passage and briefly describe Lectio Divina. Set the expectation that you plan to slow down and listen to God as you go through the passage and to provide times of silent prayer and meditation throughout the process.
3. Invite someone to slowly read the passage out loud, pausing briefly between each verse. Instruct the group to take a few minutes to silently reflect on the passage that has just been read. Individuals doing this can reflect on each word while they write the passage word-for-word as it appears in the Bible.
4. Select a second person who is willing to re-read the passage. Instruct the group to take note of whatever word or phrase stands out to them as the passage is slowly read.
5. Instruct the group to silently pray and reflect on the passage. Pay attention to how a word or phrase brings out feelings, memories, or thoughts.
6. Ask the group what words or phrases stood out, that God might be drawing them to. You can narrow your focus if most of the people in your group are drawn to the same part of the passage. Ask group members to re-state in their own words any part of the passage that

stood out to them. Individuals can write the passage or section they are drawn to using their own words.

7. Direct the group to silently pray and ask God to reveal why He brought their attention to this section. Again, tune into any feelings, memories, or thoughts.
8. Share with one another why you think God directed you to this passage and any related thoughts, memories, or emotions. Individuals can note their thoughts to share later with others.
9. Meditate once more, asking God how He is inviting you to respond to the passage. Ask the group to consider what specific, practical action step He is calling them to take. Ask them to write down their responses.
10. Give the group time to reflect on who they can tell about their spiritual experience. See if God will bring someone to mind. Direct the group to ask God to show them with whom and how they can share about their spiritual experience in an appropriate way that would bless other people.
11. Encourage group members to tell the group how they plan to respond and who they plan to share this with. Encourage those who do this individually to share what God has revealed to them with another Believer.
12. Pray for each other to have the courage to take action on what God has called them to obey and to share this with someone else.

## Other Options

Lectio Divina can take a little longer than a normal group meeting. Divide the steps over two weeks. One week you look at the new passage and the next week you spend in review and group prayer.

Group members can go through these steps individually throughout the week. When the group meets, each member can then share how God spoke to them.