

Lectio Divina - A Simple Guide

Step 1: Listen to the passage (NRSV or a version of your choice) as it is read aloud. Soak in the text. Don't try to figure anything out, just soak it in.

Read Scripture (1st reading)

Linger in Silence

Step 2: Listen to the passage (NRSV) read for the second time. What is one word or phrase Holy Spirit impresses on you?

Read Scripture (2nd reading)

In silence, meditate on one word or phrase.

Step 3: Listen to the passage (Message Version) read aloud. What do you feel as you listen? What specific situation in your life today relates to the passage?

Read Scripture MSG version (3rd reading)

Write down a prayer or pray quietly.

Prayer:

Step 4: Listen to the passage (NRSV) read for the last time. Is there a sense of God's personal invitation to you from the Scripture? You can write down what the Lord may be saying to you, a prayer of thanks, or simply rest quietly in the Spirit's presence.

Read Scripture (4th reading)

Invitation you sense God is inviting you to or a prayer of thanks: