

## **SPIRITUAL PRACTICES: Lectio Divina**

As preached on Sunday, June 9<sup>th</sup>

**Read:** Psalm 46:1-7

1. What do you read for information or entertainment? How would you describe the way you read when information or entertainment is your goal?
2. What does Lectio Divina mean? In what ways is it different than other ways we read?
3. The first step of Lectio Divina is READ (Lectio). What are you invited to do as you engage this first step?
4. The second step is REFLECT (Meditatio). What are you invited to focus upon with this step?
5. The third step is RESPOND (Oratio). What are you invited to respond to in this step? What type of prayer might you offer to God?
6. REST (Contemplatio) is the final step of Lectio Divina. What are you invited to do as you engage this particular step?
7. Will you commit to giving Lectio Divina a try this week? You can choose a different text each time (the Gospels and the Psalms are great places to start). Or, you can choose a single text that you use each time. Give it a try and see if you experience a new level of communion with your God!