

## *Lectio Divina*

### *Ready*

- Choose a place and time that you won't be disturbed
- Choose a passage of Scripture
  - o anything from 1 to 15 verses
  - o the Psalms are great for this
- Begin with prayer that the Holy Spirit would illuminate the Scripture that you are about to read.

### *Read*

- Read the Scripture several times (If possible, read out loud.)

### *Reflect*

- Think about the Scripture.
  - o What do you see in this Scripture?
  - o What does it say?
  - o What image comes to your mind from the Scripture?
  - o Is there something (a word or a phrase) that the Spirit is bringing out?
  - o What is this passage saying about you and to you?
  - o What is this passage revealing about God?

### *Respond*

- Respond to God in prayer from the Scripture you just read.
  - o Talk to him about the comfort you felt from the Scripture
  - o Talk to him about the conviction that you felt from the Scripture.
  - o Talk to him about your fears.
  - o Talk to him about the challenges that you face, and ask him to help you meet them through his power and strength.

### *Rest*

- Stop and be still.
  - o Do not talk, but listen.
- This is the time to "be still and know that He is God."
- Listen to the Holy Spirit as He speaks to you.

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### *Gospel Stillness*

Gospel stillness is the momentary fast from contribution, consumption, and control to worship, know, and enjoy Jesus more.

***“Be still and know that I am God.”***

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Below are a list of possible Scriptures for your practice throughout the week

Monday: Psalm 42:1-2

Tuesday: Psalm 42:3-4

Wednesday: Psalm 42:5-6

Thursday: Psalm 42:7-8

Friday: Psalm 42:9-10

Saturday: Psalm 42:11