

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.”

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

Monday: Psalm 22:1-5

Tuesday: Psalm 22:6-11

Wednesday: Psalm 22:12-18

Thursday: Psalm 22:19-24

Friday: Psalm 22:25-31