

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.

Lectio Divina

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.”

This Psalm is a shorter Psalm, and I encourage read verse 1-3 each day. Read slowly, and meditate on the words of this Scripture.