

LECTIO DIVINA: ENCOUNTERING GOD IN SCRIPTURE

"Lectio Divina, a Latin phrase translated divine or sacred reading, is an approach to Scripture that opens us to a life-transforming encounter with God with the biblical text. It refers to an ancient practice of the early mothers and fathers of the Christian faith, and it is a slower and more reflective reading of the Scriptures that allows God to address us directly, according to what He knows we need." ~Ruth Haley Barton, *Sacred Rhythms*

When we engage the scriptures, we engage our:

- mind
- heart
- emotions
- body
- curiosity
- imagination
- will

We will read the scripture several times slowly and read it as a love letter, not for information only, but for transformation. Anticipate what God will say to you. Express your willingness to hear from the Lord.

READ (Lectio): Read the passage slowly. Listen for the word or phrase addressed to you personally and circle it/mark it.

REFLECT (Meditatio): Read the passage again slowly. What's going on in this passage? Listen for how the passage connects with your life. What is it in your life right now that needs to hear this word? Where are you in this scene? How does your life experience connect with this story?

RESPOND (Oratio): Again, read the passage slowly. What is your response to God based upon what you have read and encountered? Enter into a personal dialogue with God and share your feelings of love, joy, sorrow, repentance, desire, need, etc.

REST (Contemplatio): After this final reading, return to a place of resting and waiting on God, listening to His still, small voice. Listen for the phrase, "I am your _____." Then write down what you feel God was/is saying to you. This is a posture of abandonment to the Lover of your soul, like a weaned child leaning against his mother. (Psalm 131:2)

RESOLVE: Today's reminder(I resolve to ... _____).

"The word of scripture should never stop sounding in your ears and working in you all day long, just like the words of someone you love... Do not ask 'How shall I pass this on.' But 'What does it say to me?' Then ponder this Word long in your heart until it has gone right into you and taken possession of you." ~Dietrick Bonhoeffer, *Life Together*

Proverbs 13

A wise son hears his father's instruction, but a scoffer does not listen to rebuke.

3 Whoever guards his mouth preserves his life; he who opens wide his lips comes to ruin.

4 The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied.

7 One pretends to be rich, [b] yet has nothing; another pretends to be poor, yet has great wealth.

8 The ransom of a man's life is his wealth, but a poor man hears no threat.

10 By insolence comes nothing but strife,
but with those who take advice is wisdom.

11 Wealth gained hastily will dwindle, but whoever gathers little by little will increase it.

12 Hope deferred makes the heart sick, but a desire fulfilled is a tree of life.

13 Whoever despises the word brings destruction on himself, but he who reveres the commandment will be rewarded.

20 Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.

22 A good man leaves an inheritance to his children's children, but the sinner's wealth is laid up for the righteous.

24 Whoever spares the rod hates his son, but he who loves him is diligent to discipline him.