

# Lectio Divina

EMBRACING THE UNFORCED  
RHYTHMS OF GRACE



Jen Stone-Sexton

[FLOURISHCHRISTIANCOACH.COM](http://FLOURISHCHRISTIANCOACH.COM)



Lectio Divina means "Divine Reading" and is a method of reading and reflecting on Scripture designed to help us enter into a deeper relationship with God.

The practice consists of four steps:

1. Lectio (Reading)
2. Meditatio (Meditation)
3. Oratio (Prayer)
4. Contemplatio (Contemplation/Listening)

The key to effectively applying Lectio Divina is to approach it with an open heart and a willingness to listen to God's voice.

As you read the Scripture passage out loud, try to slow down and pay attention to the words, asking God to reveal any truths or insights He wants you to see.

During the meditation step, reflect on the passage and what it might be saying to you personally. This is a time for personal reflection and pondering the passage, its meaning, and how it relates to your life today. It is helpful to keep a journal and write down anything that comes to mind.

The prayer step is where you talk to God about what has been revealed to you in the passage. It is a time to give thanks, ask for forgiveness, or make petitions to God. This is often the step where the Holy Spirit speaks to you the most.

Finally, rest in God's presence during the contemplation/listening step. Choose to quiet your soul, be still in His presence, and await any additional insights, instructions, or encouragement from God. This is the step where you may feel the most intimate with God.

Lectio Divina is not a quick or easy practice. It takes time, patience, and dedication, but the rewards are immeasurable!

Through this practice, you will discover a deeper understanding of the Scripture, a stronger connection to God, and a greater sense of peace in your daily life.

Give yourself time to slow down and listen to God's voice. You will be amazed at how much He wants to say to you.





## The Four Steps of Lectio Divina

- 1. Lectio (Reading):** This step involves slowly and attentively reading out loud a passage from Scripture. It is important to read slowly with a heart ready to hear what God may be saying to you through the text.
- 2. Meditatio (Meditation):** This step involves reflecting on the meaning of the passage and what it might be saying to you personally. It is a time for personal reflection and pondering the words as well as what the passage means and how it relates to your life.
- 3. Oratio (Prayer):** This step involves talking to God about what has been revealed to you in the passage. It is a time to give thanks, ask for forgiveness, or make petitions to God.
- 4. Contemplatio (Contemplation/Listening):** This step involves resting in God's presence and allowing yourself to be open to further guidance.

Choose to quiet your soul, be still in His presence, and await any additional insights, instructions, or encouragement from God.

*It's worth noting that these steps are designed to assist you in discovering the heart of God for you.*

They are not rules and are not meant to be followed rigidly and linearly.

Instead, they are a *guide* to help you enter into a deeper relationship with God by studying Scripture and practicing silence.

This is a guide so you can adjust it to fit your needs, preferences, or journaling style. Some people like to write, while others prefer to draw or doodle. Some people journal every day; others weekly or monthly. Find the way that works for you, and then stick to it.





## My Passage of Reflection

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(Scripture reference)

1. READ your passage for reflection out loud. Write down any thoughts or insights that come to mind. Are there any specific words that stand out to you?

2. REFLECT (meditate). Write out the verse in your own words, possibly draw, or scribble reflective words.





## My Passage of Reflection

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(Scripture reference)

3. RESPOND. Write out a prayer to God.

4. REST and RECEIVE (Listen). Ask God—what do You want to tell me? Is there anything about this passage that you want me to apply to my life?

