

# Praying the Scriptures

## Lectio Divina

“The Word of God is alive and active, sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it exposes the thoughts and attitudes of the heart.” Hebrews 4:12

Praying the Scriptures is based on the idea that when we immerse ourselves into a text as a way of being with God, that the living God will communicate with us. It is an approach to prayer that opens our hearts to what God might have to say to us and it is an approach to the Bible that is less about us getting into the Word of God and reading it and more about the Word of God getting into our soul and reading us. It is less about getting a right interpretation of the Scriptures historically and contextually (as important as this is when we are studying the Bible) and more about us being in right relationship with the Living God as He speaks, encourages, convicts, and calls us through the Text.

Lectio Divina is Latin for “divine reading”. It is a method of reading Scripture that presupposes that the Holy Spirit is dynamic and active. For the practice of Lectio Divina, it is important to choose a smaller passage of Scripture. Any one of the seven “I Am” passages in the Gospel of John are great starters for this spiritual practice (John 6:35; 8:12; 10:9; 10:11; 11:25; 14:6; 15:1). Or you might wish to use Isaiah 43:1-5 or a portion of a Psalm (30:10-12; 63:1-5; 84:1-5; 139:7-10; etc.). Really, any text is wonderful, but try to keep it to just a few verses.

## **There are 4 movements to Lectio Divina:**

### **MOVEMENT 1**

Read the passage slowly. Ask the question, “what word or phrase seems to shimmer, as if it was reaching out to me?” Hold this word in your heart.

### **MOVEMENT 2**

After considering the word or phrase, read the passage again and this time, ask, “why was I drawn to that word or phrase?” What are you feeling? Is there a specific situation that relates in your life right now?

### **MOVEMENT 3**

After meditating on these reflections, read the passage again. This time ask, “what might God’s invitation be from this Scripture? And how might I wish to respond?”

### **MOVEMENT 4**

After considering God’s invitation to you from Scripture, simply rest in the goodness of God and His faithfulness to you.