



Part 6: The Practice of Lectio Divina

Psalm 1, Matthew 4:1-4

The practice of Lectio Divina is a way of reading Scripture that allows the Holy Spirit to speak God's Word personally to us.

- **OUR DEEP LONGING**

We want Jesus to know us and relate to us in a very personal way. This kind of relationship is offered to us in the gospel if we are willing to cultivate friendship with Jesus.

- **THE WAY, THE TRUTH, THE LIFE** (John 14:6)

Jesus is a very attractive figure. Because He's so full of LIFE ... He offers us His LIFE to be the source of our life like a fountain of clear, pure water bubbling up in our souls (John 7:37-38).

"We are invited to make a pilgrimage – into the heart and life of God ... God's desire for us is that we should live in Him. He sends us the Way to Himself ... God makes Himself and His kingdom available to us ... Jesus offers himself as God's doorway into the life that is truly life. Confidence in him leads us today, as in other times, to become his apprentices in eternal living." Dallas Willard, The Divine Conspiracy

"The Jesus way wedded to the Jesus truth brings about the Jesus life." Eugene Peterson

Here's a really important idea: to become a Christian, a Christ-follower, is a way of life, not just a set of ideas or ethics. It's a lifestyle. That's why early Christians were called people of "the Way."

A casual reading of the life of Jesus shows us his commitment to Scripture as God's Word and its necessity for LIFE with God.

"It is written: 'Man does not live by bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4

“Your words were found, and I ate them, and your words became to me a joy and the delight of my heart.” Jeremiah 15:16

There is a way of reading the Scriptures that leads us to Jesus and His LIFE. There is a way of reading the Scriptures not first for information but for transformation (Psalm 1:1-3).

- **LECTIO DIVINA** (divine reading)

There are four movements in Lectio, with each movement starting after a pause of silence and stillness.

- **Read**

Read the passage slowly through a couple of times, pausing to notice a word, phrase, or something in the story that seems to stand out to you. If it's a story, you may use your imagination to enter the story.

- **Reflect**

Meditate on the word, phrase, or part of the story that seems to stand out to you. Reflect on how this is speaking to you.

- **Respond**

How is the Spirit inviting you to respond? Turn your reflection into prayer. What do you need from Him to respond?

- **Rest**

Take time to rest in God's Presence. Allow His Word to you to soak deeper into your soul. Entrust yourself back into His care for you.

“We live – really live – only through God's regular speaking in our souls and thus ‘by every word that comes from the mouth of God.’”

Dallas Willard

A Prayer of Intimacy

Help me, O God,

*To treasure all the words in the Scriptures,
but to treasure them only as they lead to You.
May the words be stepping-stones in finding You,
and if I am to get lost at all in the search,
may it not be down a theological rabbit trail,
or in some briar patch of religious controversy.*

If I am to get lost at all,

Grant that it be in Your arms.

Help me to love You the way Mary did.

And may something of the spilling passion of her devotion, spill into me.

Ken Gire, “Windows of the Soul”

Discussion Questions (see <https://greenwoodcc.com/lectio-divina/>)