

## Daily Directions for Lectio Divina

This is a great way to work through one of the gospels or a psalm. It combines Bible study with the traditional Lectio Divina.

- 1. Sit** in silence for 90 seconds (you may set a timer). Try to focus on God's presence with you.
- 2. Notice.** Read a verse or two of the text 1 or 2x and notice if any word or short phrase seems to "shimmer" or stand out to you. Sit quietly and focus on the word or phrase. Ponder the word or phrase and journal about why this word stood out to you.
- 3. Study.** Read the text again. Take some time to use your Study Bible notes and/or cross reference (depending on your time). Write a couple notes in your journal of things you that were interesting to you. Try not to spend *all* your time on this step.
- 4. Listen and Journal.** Read the text again, sit quietly and ask the Holy Spirit, "*What do you want reveal to me about You and me?*" Journal about what you sense God wants to reveal to you. This is more than just a "life application question". This is about attuning our ears and mind to God's Spirit and allowing Him to share anything He chooses about us, about Himself, or His love.

Note: If you are not sure whether what you are hearing is God's voice or your own thoughts, just write it down anyway. Even if you think it was just your own thoughts, as long what you heard lines up with God's thoughts, then think of it as your thoughts are beginning to rhyme with those of your heavenly Father. Occasionally share what you hear with Christian friends, a pastor or spiritual director. If you are hearing a voice that doesn't sound like our Father's, they will probably notice and gently help you find the truth in scripture.

- 5. Bask.** Sit in silence again for 90 seconds (you can set your timer) and bask in the love of God who is present with you.

One last Note: If you don't have time to complete all steps in one sitting, break up your time. Try steps 1-2 together and 3-5 later in the day, or steps 1-3 together and 4-5 later.