

LECTIO DIVINA



Lectio Divina is an ancient spiritual practice focused on prayerfully engaging the biblical text and encountering Jesus, the Living Word, through it. The term is derived from Latin words meaning reading (lectio) and divine (divina).

PRACTICING LECTIO DIVINA

FIRST READING

Slowly read the passage of Scripture that you have selected. As you do so, pay attention to any word, phrase, or idea that catches your attention. Then, pause for a moment, keeping that word, phrase, or idea in view.

SECOND READING

Read the passage again, slowly, and then pause to sit with the word, phrase, or idea that captured your attention. What thoughts come to mind as you meditate on the word, phrase, or idea? What are you reminded of in your life? What does it make you hope for? What might God be inviting you into through that word, phrase or idea?

THIRD READING

Read the passage once more, and begin to converse with God about it. Tell God what word, phrase, or idea captured your attention and what came to mind as you meditated upon it. Listen for how God might be using the word, phrase, or idea to bless and transform you. Tell God what you have been thinking and feeling as you've listened and meditated.



DAILY RHYTHM



MORNING + MIDDAY + EVENING PRAYER

The world is made of words. Even small, repeated words have power. Regular, carefully placed prayer is one of the keystone habits of spiritual formation and is the beginning of building the trellis of habit. By framing our day in the words of prayer, we frame the day in love.



SCRIPTURE BEFORE PHONE

Refusing to check the phone until after reading a passage of Scripture is a way of replacing the question "What do I need to do today?" with a better one, "Who am I and who am I becoming?" Daily immersion in the Scriptures resists the anxiety of emails, the anger of news, and the envy of social media. Instead it forms us daily in our true identity as the beloved children of God.



NO PHONE WHILE WAITING

We are made for presence, but so often our phones are the cause of our absence. To be two places at a time is to be no place at all. Choosing to be present with ourselves, others and God's good creation is an act of love.



MEANINGFUL CONNECTION WITH OTHERS

The habit of connecting with someone during a shared meal, coffee or conversation each day helps us orient our schedules and lives towards a posture of hospitality - which Jesus regularly embodies and extends to us in every moment.



EXAMEN PRAYER



This prayer practice was developed by Ignatius of Loyola (1491 – 1556) and is focused on being attentive to and interacting with God’s loving presence in the midst of daily life.

LIGHT

The Examen is a way to create space in which to carry on a conversation with God. Begin by asking the One who is “is pure light, undimmed by darkness of any kind” (1 John 1:5) to grant you the ability to clearly see, hear, understand, and respond to his loving presence.

THANKS

Give thanks for the good that has come to you today through God’s generosity. As Ignatius said, “I will ponder with great affection how much God has done for me, and how much He has given me of what He possesses, and finally, how much ... the same Lord desires to give Himself to me.”

REVIEW

Watch the day play back before you as if you were watching a movie. When did you feel you were cooperating most fully with God? When were you resisting?

RESPOND

After reviewing, take time to converse with God, expressing your thoughts on the actions, attitudes, feelings, and interactions you saw. You may want to seek forgiveness, ask for direction, express gratitude, or resolve to make a change and move forward.

NEXT

Look toward tomorrow. Ask God to be present in your thoughts, actions, and relationships.



COMMUNION



Just before his sacrificial death, Jesus shared a meal, commonly referred to as The Last Supper, with his disciples (Matthew 26:17-30, Mark 14:12-26, Luke 22:7-39). During their time at the table the following took place: "He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, 'This is my body, which is given for you. Do this in remembrance of me.' After supper he took another cup of wine and said, 'This cup is the new covenant between God and his people—an agreement confirmed with my blood, which is poured out as a sacrifice for you.'" (Luke 22:19-20)

Communion is a practice that emerges from this scene and that helps us remember Jesus' sacrificial death and resurrection, which roots us in a reconciled and never ending relationship with God, the one who loves us completely.

Communion is also a practice that we are invited to participate in regularly, for Jesus says "Do this in remembrance of me." And while we participate in communion as part of our gathering together with the church, we are also free to participate and remember in the midst of daily life.

So as we find ourselves around tables - at home, at school, at work, at the cafes and restaurants we frequent, or anywhere else, may we remember... The body of Christ has been given, broken for us and the entire world. The blood of Christ has been poured out, shed for us and the entire world.

