

PSALM 46:10

BE STILL AND KNOW THAT I AM GOD



**TO SIGN UP FOR AWAKENINGS PRAYER
SEMINARS AND RETREATS**

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THIS MATERIAL WAS DEVELOPED FOR THE AWAKENINGS PRAYER INSTITUTE,
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Awakenings Prayer Institute

Invites you to

PRAY SCRIPTURE

An Introduction to Lectio Divina



**Experience the presence of
God through the prayerful
reading of His Word**

¹ Keating, Thomas, *The Practice of Lectio Divina*. <http://www.centeringprayer.com/#Christian%20Contemplative%20Prayer>

LET THE LORD TAKE YOU ON A 30 MINUTE “PRAY-CATION”

A Short Lectio Divina Exercise

If possible, do your readings out loud. You will read the passage four times. After each reading silently apply yourself inwardly to the text as specified in the directions.

FIRST READING On the first reading focus on one phrase that grabs your attention. During the silence, let that phrase speak to you however it will.

SECOND READING On the second reading, observe how the whole passage hangs together. What is the overall meaning? Let the sense of it penetrate your heart and mind.

THIRD READING On the third time through, consciously pray your consent to the intent of the passage as it has meaning for you.

FOURTH READING On the fourth reading, zero in on one word. For the next ten minutes, sit quietly in God’s presence, using that key word to focus your thoughts. As Philip Newell writes in *Celtic Prayers from Iona*, “Be still and aware of God’s presence, within and all around.”

As Thomas Keating has written, “*Lectio Divina* is a special kind of process, and to benefit fully from its fruits, its integrity has to be respected. The ripe fruit of the regular practice of *Lectio Divina* is assimilating the word of God and being assimilated by it. It is a movement from conversation to communion. It also enables us to express our deep spiritual experience of union with God in words or symbols that are appropriate. There is thus a movement not only into silence, but from silence to expression.”¹

Our goal is to pray back God’s intent as he expressed it through his Spirit in the words of the text. This calls upon us to pray our consent as he reveals his intent.

PRAY A SEASON OF LECTIO DIVINA:

- Over a passage that addresses your soul’s deep need,
- When you have responded intensely to a passage and want to fully explore that response,
- For as long as it takes to soak up the last drop of meaning,
 - To help establish a point of intersection between you and God,
- Regularly, as a discipline that develops Christ awareness,
 - To invite God’s Word to help with the heavy lifting of spiritual transformation.

Isaiah 50:4-5

The Sovereign LORD has given me an instructed tongue to know the word that sustains the weary.

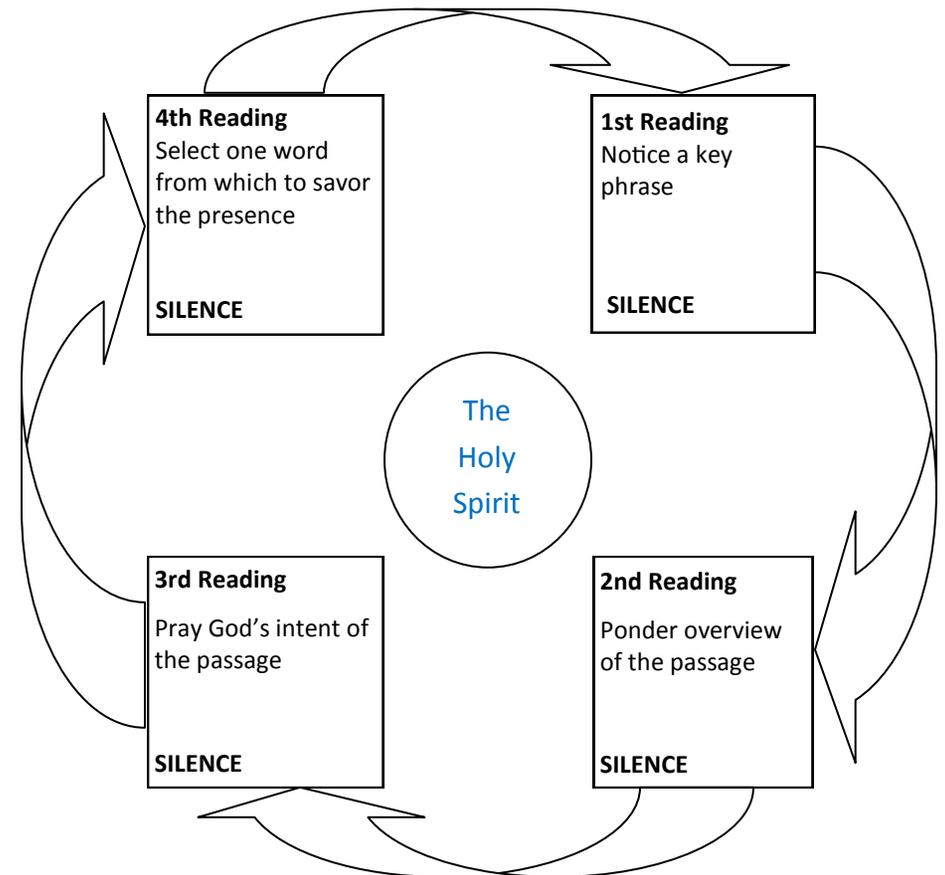
He wakens me morning by morning, wakens my ear to listen like one being taught.

The Sovereign LORD has opened my ears, and I have not been rebellious; I have not drawn back.

Mark 1:35

Very early in the morning while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

The Lectio Divina Cycle



Journal or talk about your experience. What was your sense of the conversation? What did you say? What did you hear?

Psalm 131

A song of ascents. Of David.

- ¹ My heart is not proud, O LORD,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
- ² But I have stilled and quieted my soul;
like a weaned child with its mother,
like a weaned child is my soul within me.
- ³ O Israel, put your hope in the LORD
both now and forevermore.



Psalm 121

- ¹ I lift up my eyes to the hills—
where does my help come from?
- ² My help comes from the LORD,
the Maker of heaven and earth.
- ³ He will not let your foot slip—
he who watches over you will not slumber;
- ⁴ indeed, he who watches over Israel
will neither slumber nor sleep.
- ⁵ The LORD watches over you—
the LORD is your shade at your right hand;
- ⁶ the sun will not harm you by day,
nor the moon by night.
- ⁷ The LORD will keep you from all harm—
He will watch over your life;
- ⁸ The LORD will watch over your coming and going
both now and forevermore.