

LECTIO DIVINA



Lectio Divina is Latin for “divine reading.” The basis for it is the belief that God’s Word is living (Hebrews 4:12a “God’s word is alive and active”).

It’s a method of Christian meditation, a slow, thoughtful praying of the Scriptures.

Lectio Divina is a different approach from Scripture study – the goal is not to learn more information about God but to encounter God in His Word. While Lectio Divina includes discovering the meaning of the passage, the ultimate purpose is to hear and respond to the Lord in the Scripture.

These are the 4 steps of Lectio Divina:

1. **Lectio:** read the passage three times, letting words and phrases jump out at you.
2. **Meditatio:** let the message sink to a deeper place – think through personal implications, reading the Bible personally.
3. **Oratio:** respond in quiet prayer or journaling
4. **Contemplatio/operatio:** Share or pray, then submit to the Word and walk it out in our daily lives.

To practice this, you can read through the passage below three times. On the first reading, find one word or phrase the Holy Spirit impresses on you, and meditate on that.

In the second reading, enter into the Scripture passage. Think about how you might feel if you were there experiencing it. Is there any specific situation in your life that this passage might speak to?

During the third reading, consider what God’s personal invitation for you from the Scripture might be. You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.

Below the passage there will be some questions for you to reflect on. Take some time after you read to process through your experience with this exercise. If you have anything you’d like to share, either comment on the post or email me at narniad@yahoo.com

Mark 10:46-52

Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means “son of Timaeus”), was sitting by the roadside begging. When he heard that it was Jesus of Nazareth, he began to shout, “Jesus, Son of David, have mercy on me!”

Many rebuked him and told him to be quiet, but he shouted all the more, “Son of David, have mercy on me!”

Jesus stopped and said, “Call him.”

So they called to the blind man, “Cheer up! On your feet! He’s calling you.” Throwing his cloak aside, he jumped to his feet and came to Jesus.

“What do you want me to do for you?” Jesus asked him.

The blind man said, “Rabbi, I want to see.”

“Go,” said Jesus, “your faith has healed you.” Immediately he received his sight and followed Jesus along the road.

Questions for Reflection

1. What is one word or phrase the Holy Spirit impressed on you during the first reading? What were any insights you gained as you meditated on it?
2. During the second reading, was there a situation in your life the passage could apply to?
3. During the third reading, did you sense God speaking to you personally? What was He inviting you to? Take some time to write down anything you are hearing from Him.
4. What practical steps can you take to apply any insights you received?