

## GUIDE FOR PRAYING SCRIPTURE –

A Guide for the Meditative Prayer of Lectio Divina “Divine Reading”- Read, Meditate on, & Live the Word of God

### 1. Select a Bible Passage

First read the reflection/devotional on the Daily Handout sheet and linger on the Main Theme and the Daily Theme. Then read ALL four bible passages on the Daily Handout sheet and choose the passage that stands out for you. Or use the devotional if that speaks to you. (Tip: use a Bible app to listen to the passage).

### 2. Prepare for Prayer

Before entering into prayer, prepare yourself physically and mentally. Light a candle to remind you of God’s presence. Choose a quiet space where you can get comfortable and invite openness with God. Quiet your body with some deep breathing. Quiet your mind by abandoning any agenda, worries or thoughts that might cause a distraction. (If concerns surface, write them down so they are not forgotten, but the mind can release them during the prayer experience). Ask for the guidance of the Holy Spirit and an awareness of the presence of Christ. Just... Be... Still...

### 3. Read

Begin by slowly and meditatively reading your Scripture passage out loud. Engage the passage through imagination or meditation.

#### Imagine

- Use God’s gift of imagination to picture the passage in detail.
- experience the setting by engaging your senses, e.g., feel the breeze, hear the waves, and see the crowd gathered.
- put yourself in the passage as a person or thing. There are no rules.

#### Meditate

- listen for a particular word or phrase that speaks to you at this moment.
- sit with these words for a time
- experience rather than analyze.
- let the passage stir your own experiences, associations, and memories.

### 4. Meditate

Read the same passage a second time. As you engage the text, let the word or phrase that stood out become your invitation to dialogue with God. Allow the word or phrase to wash over you. Or imagine yourself in the setting and allow the feelings and emotions to wash over you.

### 5. Pray

Read the text a third time. Ask yourself, what is God saying to me in these words? Take your time. Let your mind be relaxed and open. Don’t force things to happen. Be... still...

What do you want to say to God? What feelings do these words raise up in you? Share with God.

### 6. Contemplate (Let the responses be from your heart)

What did you feel in your prayer time... joy, sadness, fear, anger, blessing, encouragement?

Where did God speak to you and how did you respond?

Be still and rest in Gods’ embrace. What gift has God given you to take away from this prayer?

Where are you being called to make a decision or take action?

### 7. Praise

Give thanks for God’s presence and for the blessings and challenges you received.

### 8. Journal

Complete your prayer time with a journal entry. Work through the journal questions noting your journey through this passage (questions Included in the inside folder of your Prayer Journal), and/or journal the two questions found on the Daily Handout sheets.