

Improving Our Spiritual Habits

Adult Bible Class

February 23, 2020

Lectio Divina – Divine Reading

About 450 year after the death of Christ, a practice was devised by St. Benedict which has come to be called *Lectio Divina* or *Divine Reading*? There's a reason its been a part of the Christian devotional walk for 1600 years. It works. It can be practice alone (albeit this is slightly more challenging) or in a small group. Either way, you are giving God the room to speak to your life.

Step One: Center Down → You can use “Palms Down-Palms Up” or Simple Deep Breathing or whatever works for you.

Select a Text: Psalm 121

- ¹I lift up my eyes to the hills.
From where does my help come?
- ²My help comes from the LORD,
who made heaven and earth.
- ³He will not let your foot be moved;
He who keeps you will not slumber.
- ⁴Behold, He who keeps Israel
will neither slumber nor sleep.
- ⁵The LORD is your keeper;
the LORD is your shade on your right hand.
- ⁶The sun shall not strike you by day,
nor the moon by night.
- ⁷The LORD will keep you from all evil;
He will keep your life.
- ⁸The LORD will keep
your going out and your coming in
from this time forth and forevermore.

Listening to the Living Word of God – Christ Jesus in the scriptures:

1. One person reads aloud (twice) the passage of scripture, as others are attentive to some segment that is especially meaningful to them.
2. **SILENCE:** 3-5 minutes. Each hears and silently meditates on a word or phrase that stands out.

3. Sharing aloud: [A word or phrase that has attracted each person]. A simple statement sharing with the group a few words, or a theme, that stands out. **No elaboration.**

How Christ the Word speaks to ME:

1. Second reading of same passage by another person.
2. **SILENCE:** 5-7 minutes. Reflect on:

"Where does the content of this reading touch my life today?"

3. Sharing aloud: **Briefly:** "I hear, I see..."

What Christ the Word Invites me to DO:

1. Third reading by still another person.

2. **SILENCE:** 9-11 minutes. Reflect on:

"I believe that God wants me to today/this week/this year."

3. Sharing aloud: **Briefly:** "I hear, I see..."

Evaluate

1. Did this exercise work for you? Why? Why not?

2. Were you able to focus on the prayer for the full 5 minutes?

3. Would you do this again?