



Practicing Scripture Meditation

Lectio Divina

This week, we invite you to practice Lectio Divina, an ancient way of meditating on Scripture that helps us stay rooted in Jesus. Set aside 10–15 minutes a day to slow down, listen, and let God’s Word take root in you.

Suggested Passages This Week

- John 15:1–8
- Galatians 5:13–26 (you may want to break this into smaller sections throughout the week)

Four Simple Steps

1. **Read**
Slowly read the passage. Try reading it out loud and silently. Read more than once. Pay attention to what stands out.
2. **Reflect**
Sit with the words. What word, phrase, or idea catches your attention? Why might God be drawing you to it? How might this relate to your life? Repeat it to yourself. Let it sink in.
3. **Respond**
Turn your reflection into prayer. Speak honestly with God about what he’s showing you. This is a dialogue of love, where you may offer your thoughts, feelings, and even your difficult experiences to God, allowing the scripture to change you.

Example: If the word “remain” stands out, pray: “Lord, help me remain in you today. Show me what it looks like to stay rooted in you right now.”
4. **Rest**
Spend a few quiet moments simply being with Jesus. No agenda, no words—just rest quietly in his presence.

A Few Tips

- Don’t rush. This is about **connection, not completion**.
- If your mind wanders, gently bring it back to the passage.
- Try to practice this daily—you’ll notice your roots going deeper in Jesus.

“If you remain in me and I in you, you will bear much fruit.” – John 15:5