

LET THE GAMES BEGIN

...OLYMPIC TRAINING FOR THE LIFE OF FAITH

Spiritual Practice: Lectio Divina

Lectio Divina is the practice of praying with scripture. Its purpose is to reach the depths of God's word for you. It is best to use short passages for lectio, to be read slowly to allow each word to reveal its meaning.

1. Read a biblical passage savoring key words, allowing God to speak to you through the word/image evoked.
2. Reflect on what God may be saying to YOU as you read the passage again. What are the possible spiritual meanings of the words/word phrases for your life or for the life of the faith community?
3. Respond by offering your reflection to God in prayer. Be open to God. Your acceptance of God's word will be illuminated through your response.
4. Rest in God's presence, being still, allowing yourself to remain in the larger identity of God.

Some Bible passages offer an opportunity for us to find ourselves in the characters, circumstances or stories. Use lectio on these passages to gain further understanding of God's presence/plan and purpose in our lives.

Helpful Hints:

- The purpose of spiritual reading is to listen to God. "What is God saying to me through this text?"
- Respond to what is read with your heart and spirit as well as your mind and intellect. It is your relationship with God that is reflected in your response. "How would you read and ponder over a letter written by a friend?"
- Let your response take you to deeper levels with God. "How do I feel about what is being said? Why do I feel this way? What is going on with me?"
- Thoughtfully consider what your reactions tell you about yourself and your relationship with God and others.

*See Pastor Janet's video for example