



*Lectio Divina* (Divine Reading) is a way to read the Bible and allow the scripture to speak to us. The goal is to allow God to speak to us through God's word. Begin by quieting their heart, soul, and mind with a few deep breaths and silence. Pray to invite the Holy Spirit to open your heart and eyes during this time of reading.

### **First Readings**

As you read, listen for a word, phrase or idea that captures your attention.

- Read through the passage slowly.
- Read through the passage again, in another translation if possible (many free English translations at [www.BibleGateway.com](http://www.BibleGateway.com) or using the free YouVersion Bible app)
- Spend a minute or two in silent reflection. Write down a word, phrase or idea that captured your attention.

### **Second Reading**

During the Second Reading, listen for how the word, phrase or idea impacts your life today. Ask yourself, What does it mean for me today? How is Christ, the Word, speaking to me about my life through this word, phrase, or idea? What is Christ, the Word, speaking to me about my life through this word, phrase, or idea?

- Read through the passage a third time, again in another translation if you can.
- Spend a minute or two in silent reflection. Write down your insights.

### **Third Reading**

During the Third Reading, listen for what God may be calling you to do or become, in light of this passage.

- Ask God to show you what he is calling you to do or be.
- Read the passage one final time, in any of the translations you've already used.
- Spend a minute or two in silent reflection. Write down your insights.

### **Scripture to Read This Week**

At least five days this week, set aside 15-20 minutes to participate in a Divine Reading. The following passages each reveal a name of God we'll explore in the coming weeks. Choose one each day and ask God to speak to you as you read his Word.

Genesis 22:1-19; Exodus 17:1-16; Deuteronomy 32:1-18; Judges 6:1-23; Psalm 23;  
John 1:1-18

