

How to do Lectio Divina in a House Church setting

Definition: Lectio Divina is an ancient practice of reading Scripture that dates as far back as 220 AD. In Latin it refers to the practice of “divine reading.” It is simply a way to prayerfully meditate on Scripture in order to internalize what the passage is saying.

The first important step is to select a passage of Scripture. The Psalms work very well, but other passages can be used as well. Below is a sample of how it can be practiced, but feel free to change things as you see fit. It may also be wise to have two people read the scripture passages, preferably one of the opposite gender.

Here we go:

1. This first time we’re just going to read through the passage and I want to encourage you to listen to the Scripture passage with no agenda. Just allow the words to seep into your heart and meditate on it. If closing your eyes helps you do this, feel free.

Read Passage

2. We’re going to read through this same passage a second time and this time we want you to listen to it and allow a word or phrase to capture your attention. The why does not matter; simply allow a word or phrase to be brought to your mind..

Read Passage

Depending on the size of the group, have the group members share the word or phrase that was brought to their mind. If the group is quite large, it may be wise to break the participants up. Share together the word or phrase with no explanation. Just the words that came to your mind.

3. This third time we read through the passage and we want to encourage you to think of thoughts or feelings that are evoked through the passage.

Read Passage

Share together the thoughts or feelings that are evoked from reading this passage. Again, there’s no need to share much explanation but simply these thoughts or feelings that are evoked.

4. This final time of reading, think of about what the Spirit is calling you to do personally. How does it speak to what is happening at home, at work, in your leisure time, in your community, in your world?

Read Passage

Share together what the Spirit is calling each person do personally.

End with prayer