

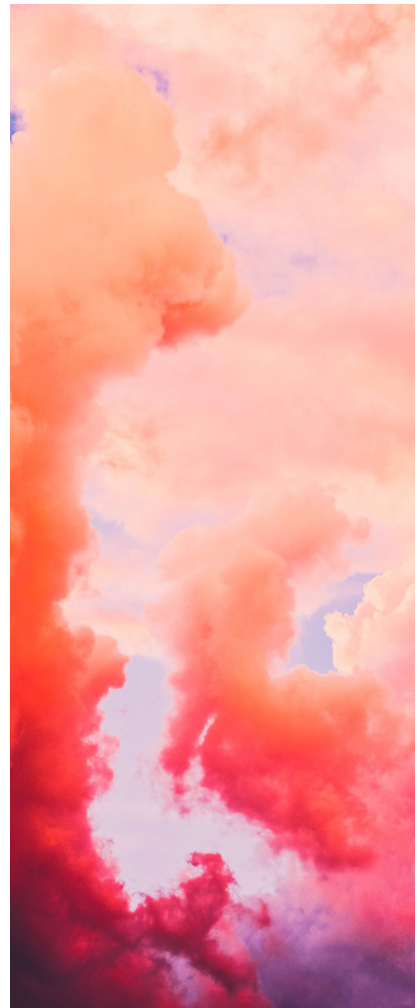
# LECTIO DIVINA



**"Lectio Divina"** is a Latin term which means "divine reading". It describes a way of reading the Scriptures whereby we gradually let go of our own agenda and open ourselves to what God wants to say to us.

The emphasis here is that we read the passage slowly and reflectively; we read the passage three times, each time engaging with God and the Word in a slightly different way.

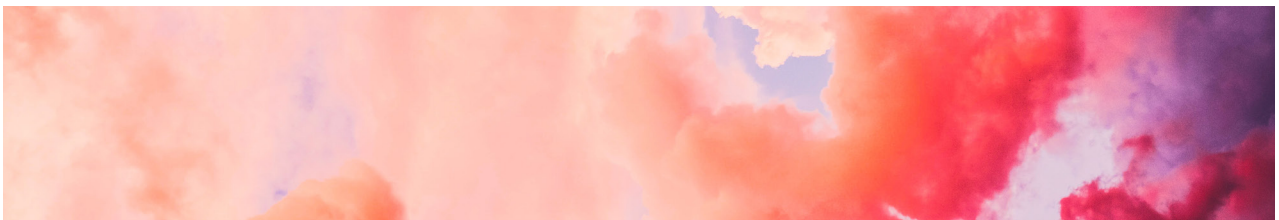
If this is done as a communal exercise, participants could close their eyes or follow along in their Bibles while the leader slowly reads the passage aloud three times as described in the stages on the next page. The leader should give those participating the directions of each stage as they come to it.



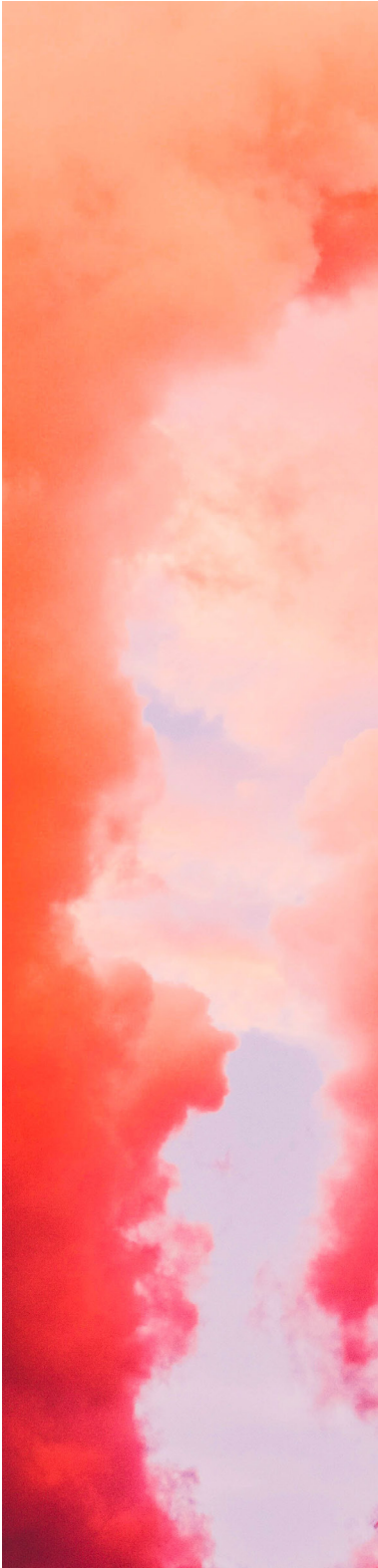
# Stages

- Ready** — Find a quiet space. Quiet your heart and ask God to meet you during this time.
- Read** — Listen for God's voice as you read/listen, notice any word or phrase that shimmers or catches your attention.
- Reflect** — As you read/listen to the text the second time, take time to reflect on the word or phrase that has stood out for you.
- Respond** — As you read/listen to the text a third time, take time to ask God how He is inviting you to respond. Ask God why this caught your attention, what is He saying to you? Take time to sit and listen for God's response.
- Rest** — Take time to rest in God's presence and deeply receive what it is that God may be saying to you or where He may be inviting you.
- Return** — Take some time to reflect on God's personal invitation to you and note down any thoughts/further reflections. As you go from here keep returning to the passage and your reflection. How will you integrate this word in your life?

If this is done as a communal exercise the leader can encourage participants to feedback into the rest of the group. What is God saying to you?



# Scripture Passage



Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will— to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace that he lavished on us.

With all wisdom and understanding, he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times reach their fulfilment—to bring unity to all things in heaven and on earth under Christ. In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. And you also were included in Christ when you heard the word of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory.

**Ephesians 1:3-14**

