

# Lectio Divina

## Overview

Practice the divine reading of lectio divina with 1 John 4:7-12 each day this week.

Feel free to use the same translation each day, or read different translations (such as the NIV, CSB, or The Message) as different words or phrases might stand out depending on the translation.

Our adaptation of this ancient practice consists of the following five steps:

### **1. Opening**

Open yourself to God, positioning your body, preparing your heart, and praying this simple breath prayer of young Samuel from 1 Samuel 3: “Here I am, Lord - speak to me - I am ready to listen.”

### **2. Listening**

Read the passage the first time, asking yourself, “What word or phrase is the Spirit drawing me to in this passage?” Then spend the next minute in silence with that word, savoring that phrase for the next minute, listening as the Spirit continues leading.

### **3. Reflecting**

Read the passage a second time, asking yourself, “What is God saying to me through this passage about who He is, what He has done, or what He has promised to do? What is God saying to me through this passage about how I am to relate to God, to others, and to creation?” Then spend the next minute in silence as the Spirit continues stirring.

### **4. Responding**

Read the passage a third time, asking yourself, “How is God inviting me to respond to what He has said in this passage?” Then spend the next minute in silence as the Spirit reveals a step of faithfulness and obedience in living this out.

### **5. Thanking**

Close your time in prayer, thanking God for this time, for His Word, for His presence with you, and His love for you.