

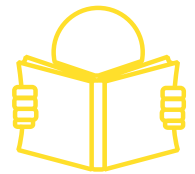
lectio divina

Lectio divina provides a quick and easy format for enjoying a short piece of Scripture. I find it often whets my appetite for some more time with the Lord. You can do this practice with any couple verses. For this one we will use 2 Samuel 22:18-20

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Read

Look up and read 2 Samuel 22:18-20. Read it a couple of times, slowly, noticing each word. Notice if there are any words that seem to stand out to you. Write them down if you'd like.



Reflect

This is where we think deeply about the words the Spirit may be drawing our minds to. Read the verses again. Now is the time to deeply consider that word or phrase that stood out to you. What are the meanings of those words? What context do you usually think of them in? Are these verses making you have questions about those words? Write down anything you want to remember.



Respond

Read the verses again. Is there something God wants you to do in response to these verses? Ask Him about it, and be content to wait quietly for an answer. Ask Him what He wants to teach you and how He would like you to process that teaching. Write down anything you feel is important.



Rest

This is the final movement of lectio. Read the verses one final time--slowly. Allow the words to simply wash over you. For the next five minutes, try to set aside the many things you've just been processing and simply rest in who God is. He is the one who delivers us, supports us, and gives us space. Enjoy some quiet time resting in His presence.

