

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night.

³ That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.

Psalm 1:1-3 NIV

- Meditation (revisiting a portion of Scripture repeatedly) allows us to plant the Word deeply into our hearts. This makes us more fruitful and will prosper us internally.
- Meditation helps us know God more. Lectio Divina is a model that consists of 4 readings of a short passage, going deeper each time, and combining it with prayer.
- As you come to this time in God's presence, take a few minutes to calm your mind. Appropriate God's Word: "Be still and know that I am God." (Ps 46:10)
- READ (Lectio)
 - Read through the passage slowly. Take a brief pause between sentences. This reading is to take in the general content of the text.
 - It may be helpful to read aloud. Try it both ways as you continue to practice this model.
 - End this first reading with a time of silence. Tune in to the reality that the Spirit is right there to lead you into what He wants you to see and experience.
- RECEIVE (Meditatio)
 - In this reading, focus on what the Lord has to say to you personally in this passage.
 - If your Scripture is a narrative/story, allow yourself to enter the scene. Tune into the setting, the sensory cues, the people and the message.
 - For teaching passages that consist of principles vs. stories, be open to the Spirit revealing new layers of meaning or addressing an issue in your life.
 - Read the Scripture again and notice what part draws your attention. You may want to circle a word or a phrase or jot it down.
 - Silently focus on the portion that has spoken to you. Let it penetrate your mind and heart. Notice how your inner being is impacted by these words.
 - Now pray, thanking God for His presence and His Living & Active Word.
- RESPOND (Oratio)
 - Reread the passage a third time with the purpose of responding back to God about what He has shown you through it.
 - Be ready to follow His lead, as you pray asking what His Word is saying to you a) about Him, b) about yourself or c) about something He wants to give you.
 - Respond to the nudges you've felt in prayer. Tell the Lord that you are ready and willing to follow Him as you count on His enabling power to do so.
- REST (Contemplatio)
 - The fourth reading is about connecting with God and how His Word has ministered to you vs. gathering new insights or information.
 - Enjoy the sense of the Lord's nearness and savor the truths He has spoken. Linger and allow His message to go deeper.
 - Pray, expressing your love for Him and your desire to experience more of Him and His good, acceptable and perfect will for your life. (Romans 12:2)
- God has more for you! Return to this text 1-2 more times to gain greater depth.

- Suggested Meditation Passages: Here are a few portions of Scripture that lend themselves to the Lectio Divina meditation practice. Four of these are narrative/stories and the other four contain principles/teaching. These address some of the issues that we commonly encounter.
 - Isaiah 41:8-14 – When you are facing something too hard or too big for you
 - 2 Kings 6:15-23 – If you are overwhelmed and feel like everyone and everything is against you
 - Proverbs 22:17-28 – For times you need God’s wisdom for appropriately loving and relating to the people in our world
 - 2 Kings 4:1-7 – When you are experiencing lack or have encountered loss
 - Isaiah 30:15-21 – If you are tempted to resist or push away God and His Word
 - Matt 14:15 -21 – For those times that you need provision
 - Isaiah 43:1-7 – If you are in doubt about how God feels about you or your future
 - Matt 9:18 – 26 – For ministry to sickness of soul or of body

1. READ – *This reading is to connect with the general content of the passage and to connect with the reality of God’s presence with you.*

2. RECEIVE – *On this 2nd reading, what word or phrase most drew your attention. Write it here:*

3. RESPOND – *Focus on the portion you wrote in the “Receive” section. Pray:*

What do You want to plant deep within my soul?

Is there a specific way You want me to respond?

4. REST – *Savor the Lord’s presence and the message He has imparted. Let it sink in deeply.*