

week 1 WHISPER



Hearing God's Whispers through Scripture

Lectio Divina

Lectio Divina, "divine reading", is an ancient Christian practice that began in the 3rd century in monastic communities. In the 20th century it grew in practice through Pope Benedict XVI and continues to be used in many Christian traditions today.

It's reading a short passage of scripture several times, working towards a listening heart with expectation that God has a message to share. Lectio divina involves a rhythm of reading, reflecting, responding and resting.

1. Read the scripture slowly.
2. Reflect on a word or phrase that stands out or sparkles to you.
3. Read the scripture again slowly.
4. Respond in a short prayer to God around the word and what God shared with you.
5. Rest in God's presence.

Passages to practice Lectio Divina (find more online)

- Micah 6:8
- Psalm 46:10-11
- Isaiah 43:19-21
- Isaiah 43:1-2, 4
- Matthew 5:13-16
- John 17:20-26
- 1 Corinthians 13:4-8
- Ephesians 1:3-10
- Colossians 1:15-20
- 1 John 3:1-3