



Daily Encounter with God's Word

How do you do Lectio Divina?

4 Simple Steps

READ: Read the passage slowly, listening for something that stands out to you. Re-read the passage 2 or 3 times.

REFLECT: Let your mind ponder the passage and what stood out to you. Put yourself in the story.

RESPOND & RESOLVE: Begin a conversation with God. Ask God to show you how this passage applies to you. Write down a resolution or an application to your life from your Meditation. Ask God to empower you to live it out.

REST: "Be still and know that I am God" (Psalm 46:11). Spend a few minutes in restful silence, allowing God room to work on you in ways that you may not perceive.