
Lectio Divina Handout

"Lectio divina invites us to listen to the living Word (of God) for perspective and teachings as we reflect on the written Word. It requires a rhythm of spoken word and silence for reflection." – *Dr. MaryKate Morse*

- You can use any passage of scripture for lectio divina prayer.
- Ideally the passage you choose should be between two and ten verses. Here are some possible options:
 - Luke 10:38-42, Mary and Martha
 - Psalm 23, Life without lack
 - Matthew 5:14-16, You are the light of the world
 - Matthew 8:13, Become like children
 - Jeremiah 1:4-10, Before I formed you in the womb
 - Luke 22:24-34, Failure and faith
- Lectio divina includes a pattern of silence, then reading, then silence and finally reflection.
- Keep your mind free of any expectations about what you might hear from God. It's different for everyone, and different each time you do lectio divina.
- Lectio divina (sometimes called scripture prayer) allows God to touch us at the deepest levels, which leads us in ways we might not have considered before.

Scripture from Above

Luke 10:38-42, Mary and Martha

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one.^[a] Mary has chosen what is better, and it will not be taken away from her."

Psalm 23, Life without Lack

The LORD is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters, he refreshes my soul.
He guides me along the right paths for his name's sake.
Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
Surely your goodness and love will follow me all the days of my life,
and I will dwell in the house of the LORD forever.

Matthew 5:14-16, You are the light of the world

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Matthew 8:13, You are the light of the world

Then Jesus said to the centurion, "Go! Let it be done just as you believed it would." And his servant was healed at that moment.

Jeremiah 1:4-10, Before I formed you in the womb

The word of the LORD came to me, saying,

"Before I formed you in the womb I knew^a you, before you were born I set you apart; I appointed you as a prophet to the nations." "Alas, Sovereign LORD," I said, "I do not know how to speak; I am too young."

But the LORD said to me, "Do not say, 'I am too young.' You must go to everyone I send you to and say whatever I command you. Do not be afraid of them, for I am with you and will rescue you," declares the LORD.

Then the LORD reached out his hand and touched my mouth and said to me, "I have put my words in your mouth. See, today I appoint you over nations and kingdoms to uproot and tear down, to destroy and overthrow, to build and to plant."

Practice

MINDFULNESS



Luke 22:24-34, Failure and faith

A dispute also arose among them as to which of them was considered to be greatest. Jesus said to them, "The kings of the Gentiles lord it over them; and those who exercise authority over them call themselves Benefactors. But you are not to be like that. Instead, the greatest among you should be like the youngest, and the one who rules like the one who serves. For who is greater, the one who is at the table or the one who serves? Is it not the one who is at the table? But I am among you as one who serves. You are those who have stood by me in my trials. And I confer on you a kingdom, just as my Father conferred one on me, so that you may eat and drink at my table in my kingdom and sit on thrones, judging the twelve tribes of Israel.

"Simon, Simon, Satan has asked to sift all of you as wheat. But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers."

But he replied, "Lord, I am ready to go with you to prison and to death."

Jesus answered, "I tell you, Peter, before the rooster crows today, you will deny three times that you know me."