

WHO AM I FOLLOWING? SOUL TRAINING: LECTIO DIVINA (DIVINE READING)

Select a Bible passage then take a minute of silence.

FIRST READING

Read the passage through, one time, slowly. Pause between each clause.

SECOND READING

Read the text slowly once again, pausing between phrases. Take note of any of the words or phrases catch your attention or seem to stand out in some way. After you have finished, write down those special words or phrases.

THIRD READING

Reread the passage up to the word or phrase that touched you in some way. When you reach that word or phrase, stop and repeat it a few times.

PONDERING

Reflect for a while on the phrase that moved you. Repeat it a few more times. Let the words interact with your thoughts, your memories or any other Bible passages that come to mind.

Let it touch your heart, desires, and fears.

Begin to wonder, "*What might God want to say to me specifically?*"

PRAYER

Turn the last question into a prayer, asking God,
*"What is the word you have for me in this passage, God?
Is there anything you want to say to me today?"*

Listen. Write down anything you sense God might be saying to you.

REST

Be still and silent for a while. Enjoy being in the presence of God. In this step you move from doing to being. Simply be for a while.

RESPONSE

Ask yourself and God,
"What am I being called to do as a result of the word I have been given?"

