

The Formative Path

Week Eleven: Growing Deeper Spiritual practice: Lectio Divina

Lectio Divina is an ancient way of reading scripture for deeper understanding. Lectio Divina helps us read the passage in a way that deeply transforms us.

There are four “movements” to Lectio:

Reading – Slow, meditative reading of the passage, noticing words and phrases that capture your attention, usually reading through the passage four times.

Meditation – Reflecting on what stood out to you. What was it about the word(s) that caused them to capture your attention?

Prayer: Responding to the word(s) in prayer, asking God for understanding and direction.

Contemplation: Resting in God’s presence through silence.

Through Lectio we don’t simply read the bible, we allow the bible to become alive in our lives.

Each day this week, reflect and answer these questions:

- Where did God show up?

Group Questions:

- How did my practice go last week?
- What do I hope to do this week?



The soul is fed each day with lectio divina. - St. Jerome

Questions for your Reading and Meditation

- ✓ What emotions or feelings does this passage evoke within you?
- ✓ How does this passage connect to your own life and experiences?
- ✓ What invitation or challenge do you hear God extending to you through this text?
- ✓ What new insights or understandings are emerging for you as you reflect on this passage?
- ✓ How might you respond to God in prayer based on your engagement with this text?
- ✓ What is God's Spirit drawing your attention to or calling you to in this moment?

*When we pray, we speak to God;
when we read Scripture, God speaks
to us. – St. Augustine*



Scriptures for Reflection this week

Read these scriptures multiple times

- Psalm 23 – A Place of Blessing
- Mark 4:35-41 – Stormy Weather
- Psalm 1 – The Blessed Life
- Luke 15:11-32 – Returning Home
- Luke 10:25-37 – Helping



ACTION ITEMS for the week

1. Practice lectio divina on the above passages.
2. Read this week’s blog for more information:
<https://bit.ly/path-week11>
3. More at <https://davidmullens.com>