



# MEMORIAL BAPTIST CHURCH

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## LECTIO DIVINA

Here are some scriptures that you might use during your times of meditation this week. But first, some suggestions for shaping your time in meditating on God's word.

- Set aside 10-15 minutes when you can get away and spend time *with* the Lord, *in* The Word.
- Spend a few minutes quieting yourself in prayer
  - Take a few deep breaths. Breathe in The Holy Spirit. Blow out your tensions.
  - First, thank God for being with you and loving you. How sweet is it to be loved by God?
  - Thank God for giving you His word to guide you
  - Thank God for giving you the Holy Spirit, your pastor, teachers and brothers and sisters in Christ to help you understand the Word.
  - Confess any unconfessed sin that you can think of.
  - Thank God for forgiving you.
  - Thank Jesus for dying in your place for your sins.
  - Thank the Holy Spirit for guiding you through this time of meditation.
- Read the passage slowly, either out loud or silently.
- Take a few minutes to let it marinate. Think about what you read. If someone is speaking, who is it and what are they saying? Who are they talking to? If it is a scene, notice everyone in the scene, and what they are doing. Notice all of the details given. Does anything strike you? Don't try to be deep. Trust whatever arises for you.
- Read the passage again. If you read it out loud, read it silently this time, or vice versa.
- Take a few minutes to let it marinate. Thank God for whatever it is that you are seeing or learning from the Word; whatever it is doing to you (e.g., encouraging you, challenging you to think differently, directing you to do something specific).
- Read the passage a third time. Write down whatever you got from the reading. Think about it as you go about your day (if it is in the morning) or as you wind down for the night.
- Close in prayer. Go forward in faith.

## SCRIPTURES TO CONSIDER FOR LECTIO DIVINA

- 1 Kings 19:1-8
- 2 Chronicles 6:14-21
- Psalm 130
- Psalm 146
- Isaiah 60: 17-22
- Jeremiah 1:4-10
- Matthew 14:13-21
- Luke 5:17-26
- Philippians 2:1-11
- 1 Peter 1: 1-6