

APPENDIX

Lectio Divina (Devine Reading)

Take 15-20 minutes to practice Lectio Divina: a way of inviting God to speak to you while reading Scripture. Before you begin reading, take some time to prepare and ask God to speak to you as you read.

Read: Read Psalm the passage, giving time and space to the words and phrases. Listen carefully for the words or phrases that jump out to you.

Reflect: Read the passage again, this time focusing further on the parts that stood out to you in your first reading. What images come to mind as you focus on these particular words and phrases? What is God saying to you?

Respond: Read through the passage a third time. After this reading, it's time to respond. You can respond in prayer, talking to God about what He has shown you, or you can journal: writing down what God has said to you and adding your response.

Rest: Take some time in silent contemplation (5-10 minutes). Let God continue to work on you. It's okay to let your mind wander, trust that God will bring your thoughts to where they need to go. Close this time off by thanking God.

RESOURCES

Bible Project - How to Read the Psalms
www.bibleproject.com/videos/book-of-psalms

"This I Declare" - WMBC Sermon Series
www.winklermb.com/media



