

# PRACTICE READING SCRIPTURE



## Lectio Divina

“Lectio divina” means “sacred reading.” It is a way of reading scripture to have an encounter with God through the text. Since we’re not primarily reading for information, we go through the text slowly and prayerfully.

**1** Choose a Bible Text

**2** Reading / Listening  
Slowly read the text multiple times

**3** Write out the text in your own words:

**4** Meditate  
Let the word become a part of who you are at a deeper level.

**5** Pray  
Talk with God and ask him to help you to understand and apply the text to who you are.

**6** Contemplate  
Prayerfully consider how God is personally speaking to your through this text and participating with you as you apply it to your life.

## **DISCUSSION QUESTIONS**

What has been your experience reading Scripture in the past? Why have you?

What do you think God's word (Scripture) is here for?

Would you say reading Scripture has helped you enjoy God? Why or why not?

What has been an obstacle for you to practice reading the Bible to enjoy God? How can you address that? What will you try this week to practice this more intentionally?