

*Group Handout*  
*Matthew 10:37-42*

## **Lectio Divina**

*Lectio Divina, or Divine Reading as it is translated, has been practiced in the church since the third century. The “movements” we use today were first described in sixth century writings so it has been around for a long time. It differs from other methods of Bible study in that while traditional Bible study engages the mind, the focus of Lectio is to engage the heart. To view the scripture as the living word, one that brings life and nurture to the soul. As we move from listening with the head to listening to the heart, from activity to receptivity. Creating space for God’s word to speak to us. It is an opportunity to trust in the good, slow work of God.*

Here are the simple steps and questions.

Step 1: Find a quiet place, free from distractions. Get comfortable. Take some time to quiet your heart. Pray and ask the Holy Spirit to guide your time through the scripture passage.

Step 2: Read the passage first to familiarize yourself with it. Most of us bring years of context into each of our readings.

Step 3: Read the passage a second time praying for ears to hear and eyes to see a word or phrase He wants to bring to your attention today.

Step 4: Sit with your word or phrase for a minute then begin a third reading. Does a picture or image come to mind, or maybe a strong feeling or impression that you can identify? Remember the number of times that Jesus asked His listeners to picture or imagine something to bring it to life.

Step 5: Read the passage again, what is God’s personal invitation for you? You can write down what God may be inviting you to do, or just “be” in the moment. Pray for the courage to live into what has been given to you. Give thanks.