

The ancient spiritual discipline of *Lectio Divina* is a sacred reading practice, intended to guide us to a place of meeting with God as we read the Scriptures. During the next four weeks, we invite you to take time each day reflecting on the same passage in Luke 15 for that week (our Bible passage for the sermon series, *Prodigal*) as a loose companion to our Sunday services.

Week 1: Luke 15:1-7 (The Parable of the Lost Sheep)

Week 2: Luke 15:8-10 (The Parable of the Lost Coin)

Week 3: Luke 15:11-24 (The Parable of the Prodigal Son)

Week 4: Luke 15:25-31 (The Parable of the Older Brother)

See below for the rhythms of *Lectio Divina* and repeat the same steps each week (try to do this practice 3-4 times during the week and see how God reveals new things to you). Give yourself ten minutes to go through this practice. It might not seem like a lot, but it's a great place to start. If you feel like adding more time, do it!

The practice consists of five distinct movements:

1) Preparing to meet with God

- Begin with a few deep breaths in a comfortable setting, free from distractions
- Invite the Holy Spirit to lead and guide your time of reading. Ask Him to show you revelations as you pay attention to His voice
- Pause in the silence... let go of the noise in your mind and the swirling chaos around you

2) Reading (*lectio*)

- Read the passage 3-5 times out loud, slowly and carefully.
- Take your time. As you move through the text, pay close attention to what words and ideas draw your attention in unique ways. When your focus is drawn to a particular word or thought, pause momentarily to reflect on them with specificity.

3) Reflection (*meditatio*)

- Meditate on the Word... Eugene Peterson defines this as “chewing” or “gnawing” on it like a dog with a new bone.
- What stands out to you? Why?
- Return to the beginning and read again. On your second journey through the text, allow the text to connect with you personally. Ask God: What do I need to know, or be, or do in light of the text? What does this mean for my life today?

4) Response (*oratio*)

- Pray
 - Talk to God about what you just read and what He's showing you
 - If helpful, journal this

5) Rest (*contemplatio*)

- Pause to sit in God's presence as you contemplate and linger in the moment
- Thank God for meeting with you and connecting with you
- God has spoken to me, I have spoken to Him, and now I will rest in God... just sit and enjoy God's presence
- You might express wonder, awe, gratitude, or praise through words, or you might allow yourself to feel and experience these things quietly before God