

LECTIO DIVINA

GROUPS



STONE TO FLESH



MOVEMENTS

Our hearts are moving toward the Presence
to be transformed into Jesus' likeness.

01. READ

Read the text out loud, min. twice
slowly,
Pay attention to phrases and words
that are highlighted for you

02. MEDITATE

Take few minutes to reflect and
ponder on the highlighted text.
Think and use imagination, feelings,
memory, desire, Let the Holy Spirit
lead you.

03. PRAY

Pray personal, short prayers of
blessing, adoration, petition,
intercession, declaration that flow
from meditation.

04. CONTEMPLATE

Take few minutes to receive from
the Holy Spirit in a posture of rest.

05. SHARE

Share the fruit of your meditation,
prayer and contemplation.

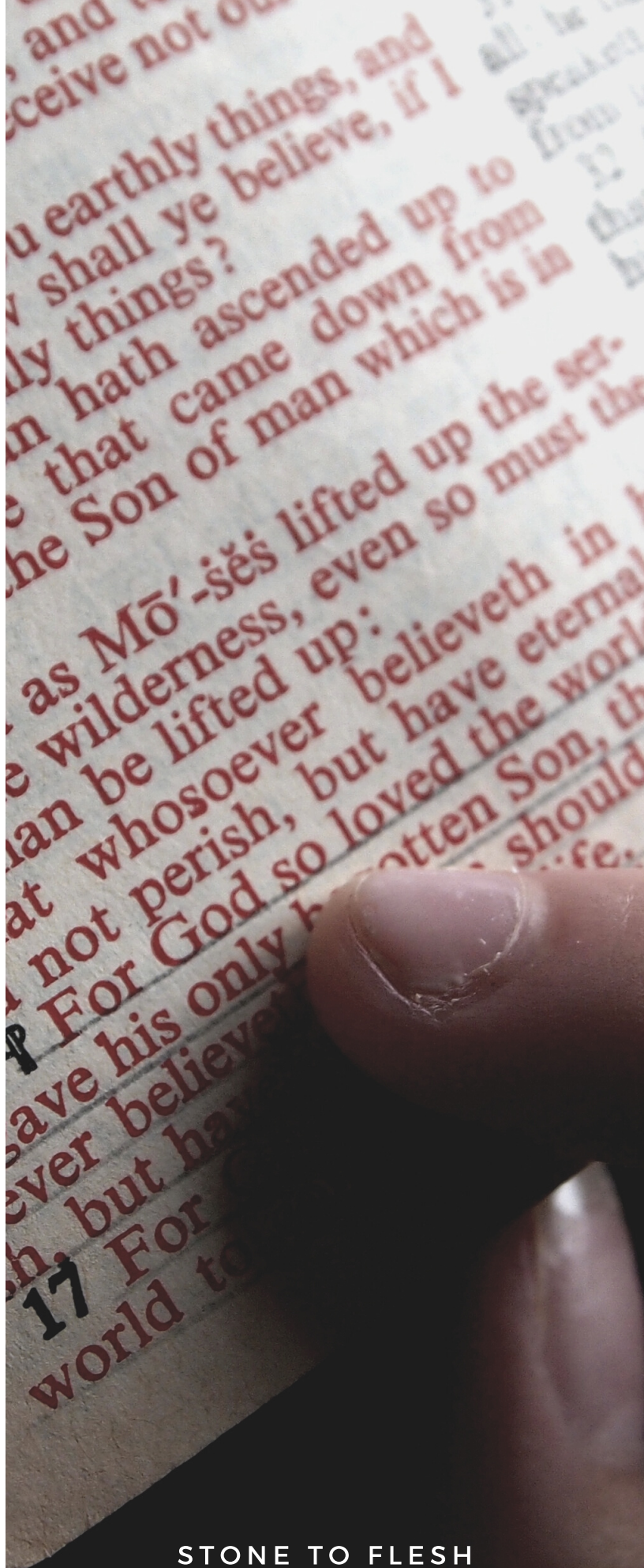
06. ACT

Make simple but concrete
commitment.

01. READ

After invoking the Holy Spirit, reading should be done out loud, not mentally. You should hear yourself or someone else reading the passage slowly, like poetry, prayerfully and mindfully through the text, once or twice. Reading to understand the text is the goal but prayer really starts here as you engage with the Word that is alive and ready to possess you.

This type of reading is different from study although study of a particular passage that precedes Lectio Divina is extremely helpful for we want to read the Scriptures from the Church. So do your Bible study or exegesis before you engage in Lectio Divina, as an introductory exercise. If you are into journaling, you may write the passage down. Writing it down is already a beginning of meditation by itself.





02. MEDITATE

Isolate a shorter passage from the text and re-read or repeat it over few times. Create a space in your heart for a new experience. Ponder each phrase or word, repeating it quietly, tasting it, turning it over in your mind, expecting new illumination, new highlight, new understanding, new depth.

Assimilate the Word by purposefully keeping your mind engaged, your body focused, your heart open.

Involve your imagination:

- what do you see?
- what do you feel?
- what do you think?
- what do you desire?
- what do you say?
- what do you do?



03. PRAY

Meditative reading leads naturally to prayer. It happens spontaneously as you will feel a need to respond to the penetrating work of God's voice inside of you. The prayer based on the passage that you have meditated upon doesn't have to be elaborate. It should be a response of a heart following Beloved.

You may feel like writing or singing a prayer, a poem-prayer, a song, an exclamation, praise, petition, words of adoration or blessing. You may enter into the time of intercession. The response might be different on different occasions to the same passage of Scriptures. If practiced in a communal setting, the prayers are spoken out loud.

04. CONTEMPLATE

You will not always enter into this moment but be determined and restful in promise of the Father who says that He will come and dwell within you. This is the mountain top of Lectio Divina, the moment when we enter into the eternity where the love of God flows freely and we are receptive and open to His movements. It is the moment of awe, adoration and delight, gazing upon Beloved and opening up our inner man for a download from heaven. It is the time when revelation of the nature of God transcends our being and we receive through contemplation what we could not achieve through the human efforts in meditation.

05. SHARE

Write or draw what you have received during meditation, prayer and contemplation..

This time is not for commenting, discussion, asking question or teaching but for sharing. It connects each person in a group to the Church that journeys to the Heart of our Redeemer. It enables us to listen to each other with attentiveness and appreciation.

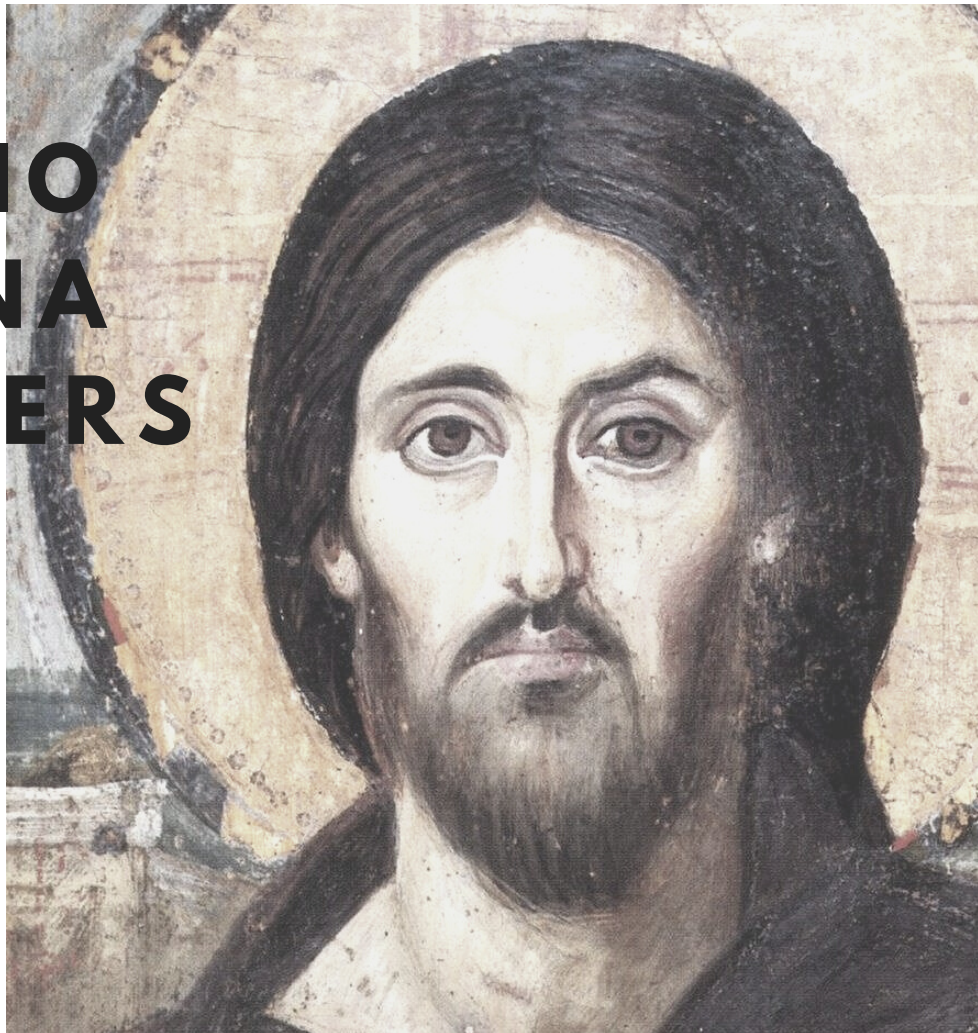
06. ACT

Prayer and contemplation transform hearts and enable us to action. Make small but concrete commitment point based on the conversation you had with your Creator. Write it down.

Carry the Word.
Let it love you.
Let it move in you.
Let it move through you.



LECTIO DIVINA LEADERS



Lectio Divina means Divine Reading. It is divine because we are allowing the Holy Spirit to transform our hearts while praying the Scriptures and listening to what He is saying now, today. This way of prayer incarnates the Living Word into our hearts and we become more like Jesus. It is an ancient way practiced by Christians of all streams and denominations. It's simple and life giving, it renews the mind, enflames the heart and empowers for action. It is the most natural way of communing with God and staying in His presence while following your day to day schedule.

Lectio Divina courses are available at:

[LECTIO DIVINA COURSE ONLINE](#)

stonetoflesh.org/lectio-divina-course-online

STONETOFLESH.ORG

We heal the broken hearted. We equip believers. We release disciples.