

Personal Renewal Prayer Guide

Lectio divina (Latin for “sacred reading”) is an ancient spiritual practice of weaving Scripture and prayer together through several cycles of reading and listening to the Spirit. It is an invitation to slow down, trust the Spirit to guide you, meet with the Lord and savour His presence. Different people practise *lectio divina* in slightly different ways. The specific steps are not as important as bringing your whole self to linger in God’s Word. We have included one possible pattern here for an individual to use and optional ideas you may find helpful.

1. **Preparation:** Choose a brief passage of Scripture (about 6-8 verses long). Get comfortable physically. Quiet yourself before God, whether through a time of silence, worship, breath prayer or other prayer.
2. **Lectio:** Ask the Holy Spirit to speak and to draw your attention to His word for you today. Slowly read the passage, aloud if possible. Which word or phrase attracts your attention? There is no wrong answer. (You can slowly read the passage a couple times if needed.) Do not rush.
3. **Meditatio:** In this step, focus on what God is saying to you personally. Read the passage again, reflecting on the specific word or phrase. Some people find repeating the word or phrase helpful. How does this word or phrase touch your life today? Ask God for clarity and understanding. Without hurry, allow the word or phrase to interact with your thoughts, concerns, mental images, feelings, hopes, memories, etc.
4. **Oratio:** Read the passage again. Consider how to respond to what God is saying. What is God inviting you to be, to do or to see? This might include thanksgiving, confession, a shift in perspective, a change in behavior, etc. Express your response to God through prayer, journaling, drawing, worship, obeying in a specific way, etc.
5. **Contemplatio:** Give thanks for God speaking to you. Entrust your response to His grace. Then be quiet before the Lord. Rest in the presence of God.

Suggested passages if this is new to you: Psalm 1, Psalm 23, Isaiah 40:28-31, Luke 5:1-11, John 11:38-44, 1 Peter 2:9-12