

The Three-Part Process for Lectio Divina (Sacred Reading) (A Great Passage to use for learning Lectio Divina is Philippians 4:6-8)

Part One - Teaches you how to listen to God.

1. Reading (read the selected scripture or scriptures twice).
2. Meditation (meditate on the verses for 2 to 3 minutes – you read the verses repeatedly).
3. Answer this question: What God is saying to me (no explanation needed at this point).

Note: This time in God’s Word is between you and God. Put your name in the answer. For instance, “Brian, instead of worrying yourself sick, talk to God about your problems, and start thinking on the positive things in life.”

Part Two - Teaches you how to go deeper in listening to God.

You are going through something right now (exciting or challenging) and God will use the scripture you are reading to speak to you. Therefore, read the same scripture(s) again. Follow the instructions in Part II.

1. Reading (read the same scripture again twice).
2. Meditation (meditate by reading the same scripture(s) repeatedly 2 to 3 minutes again).
3. Relate passage to your current reality (give a short summary of what you are going through and relate what God is saying to you in the passage to your situation). For instance. “I have several incomplete projects and they are due around the same time, or I am stressing about being in a relationship because I can’t seem to find the right person (this is the problem summary). Now here is God speaking to you from the passage in which you are meditating. “Jerry, stop worrying and talk to Me about your problems, and I will give you peace.” “Jerry think on positive things.”

Part Three – Now you get to respond to God after listening to Him.

1. Reading (read the same scripture(s) twice again).
2. Prayer (Now that you have heard from God twice, respond to God based on what God just said to you).

For instance, Lord, when I start stressing, help me to exchange my stress for a meaningful conversation with You. Father, I ask that You help me to think on positive things.

You can also incorporate contemplation in part three. This is where you anticipate God taking away your stress and giving you peace in your heart, and helping you think positive.

Philippians 4:6-8: Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. [7](#) And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. [8](#) Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. NASB