

## **Day One: Lectio Divina (Divine Reading)**

Lectio Divina is a contemplative way of reading the Bible. Dating back to the early centuries of Christianity, it was established as a monastic practice by St. Benedict in the sixth century. Lectio Divina is a way of praying the scriptures that leads us deeper into God's word. We slow down, reading the passage more than once. We allow ourselves to savor the words, listening for God to speak in new ways. This form of prayer is personal; encouraging us to join with God through Christ, the Living Word, in the midst of the written word.

As we journey through the valley of grief, each week's Scripture passage will have some relationship to one of the stages of grief: denial, anger, bargaining, depression, and acceptance. Listen with God for how God may be speaking to you and your grief in the midst of the passage.

### **Entering into Lectio Divina**

*This is a way of praying that starts with our silence. We often make the mistake of thinking prayer is only about what we say to God when it is actually a two way street. God wants to speak to us. Don't worry about what to say or if this process of silent listening feels strange and new. God is with us and is patient with us. God is near, waiting to speak to you.*

*Make sure you are sitting comfortably.*

*Breathe slowly and deeply.*

*Ask God to speak to you through the passage that you are about to read.*

### **Listen**

Read the passage aloud, listening for a word or phrase that draws your attention. Then, sit in silence considering the word or phrase. If you like, circle or underline the word or phrase as you wonder with God about it.

### **Ponder**

Read the passage a second time and wonder with God how this word or phrase speaks to your life and why it has connected with you. Ponder it carefully. Don't worry if you get distracted – it may be part of your response to offer it to God. Return to silence with your word or phrase.

### **Pray**

Read the passage a final time. Listen to how the passage speaks to your grief. How is God inviting you to grieve in response to this passage? Return to silence and pray for the grace of the Spirit to plant this word or phrase and God's presence in your heart today.

*Source material: <https://www.anglicancommunion.org/media/253799/1-What-is-Lectio-Divina.pdf>*