**How to do the Lectio Divina**

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| There are four main phases: 1. **Lectio:** Read and Listen. Bite into the candy bar.2. **Meditatio:** Meditate. Explore it. No question is off limits. What did the author mean? How does it make me feel? What does it mean to me?3. **Oratio:** Pray and respond. A place of intercession and repentance.4. **Contemplatio:** Rest in God’s word. A space of silence, resting in God’s presence. |

Here, there are six simple steps:

**1. Read Pick a passage.** To begin with, choose any of the Psalms or a passage in one of the Gospels. After inviting the Holy Spirit to come and guide you, read the passage slowly, out loud if you can. Read it twice with one minute of silence in between.

*Group: Ask a couple of different people to read the passage with a minute of silence in between*

 **2 .Relish** We could use the word ‘reflect’ here also, but relish describes more what we’re aiming for at this stage. Meditating on the passage you have read, savour one word or phrase that you have noticed more than others during your reading. Write this word down and begin pondering what God might be saying to you through this. How is this word speaking to your life?

*Group: After a moment of resting in the passage, encourage the group to simply say the word/phrase they noticed – nothing more and nothing less. As they do, simply encourage them to ponder what God might be saying to them or the group (but at this stage no-one speaks out anything more than one word or phrase.)*

**3. Re-read Read the passage one more time.**

**4. Respond** Speak out in prayer what you sense God is saying to you. Tell Him how you feel encouraged, challenged by what He is saying to you and ask that the seed of His word in your heart would develop deep rooted truth that would lead to fruitfulness in your life.

*Group: Allow space for people to pray out short prayers, speaking out what God is saying through the particular passage.*

**5. Rest** Simply take some time to allow God to wrap you in His love, and let the word He has given you rest on you

*Group: Encourage the group to simply rest in God’s presence together.*

**6. Resolve -** Finish by articulating one way you might be able to live out the word that has penetrated your heart in your daily life

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### Psalm 91

**1**Whoever dwells in the shelter of the Most High
    will rest in the shadow of the Almighty.
**2**I will say of the Lord, “He is my refuge and my fortress,
    my God, in whom I trust.”

**3**Surely he will save you
    from the fowler’s snare
    and from the deadly pestilence.
**4**He will cover you with his feathers,
    and under his wings you will find refuge;
    his faithfulness will be your shield and rampart.
**5**You will not fear the terror of night,
    nor the arrow that flies by day,
**6**nor the pestilence that stalks in the darkness,
    nor the plague that destroys at midday.
**7**A thousand may fall at your side,
    ten thousand at your right hand,
    but it will not come near you.
**8**You will only observe with your eyes
    and see the punishment of the wicked.

**9**If you say, “The Lord is my refuge,”
    and you make the Most High your dwelling,
**10**no harm will overtake you,
    no disaster will come near your tent.
**11**For he will command his angels concerning you
    to guard you in all your ways;
**12**they will lift you up in their hands,
    so that you will not strike your foot against a stone.
**13**You will tread on the lion and the cobra;
    you will trample the great lion and the serpent.

**14**“Because he loves me,” says the Lord, “I will rescue him;
    I will protect him, for he acknowledges my name.
**15**He will call on me, and I will answer him;
    I will be with him in trouble,
    I will deliver him and honour him.
**16**With long life I will satisfy him
    and show him my salvation.”

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