

Lectio Divina

Select a portion of scripture and walk through the following steps:

1. Read through the section of scripture out loud. Then focus on one phrase. Meditate upon that phrase for 4 minutes.
2. Read through the same section of scripture out loud. Then focus on the entire meaning of the section. Meditate on that for 4 minutes.
3. Read through the section again out loud. Then pray back the meaning of the scripture to the Lord for 4 minutes.
4. Read through the section again out loud. Then focus on one word and meditate on that word for 4 minutes.

Journal what the Lord showed you through this exercise and email your journal thoughts to Dr. Kathy at info@seattlebiblecollege.edu.