

Lectio Divina, a type of Sacred Reading, allows the Holy Spirit to guide a group as they read and meditate on Scripture. Different traditions vary slightly in practicing Lectio Divina. Use the following steps to begin your time meditating on the following Scripture:

Deuteronomy 6:4-9

*“Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.”*

**Read:** After a few moments of quiet, one person reads the Scripture aloud slowly.

**Meditate:** After waiting 1-2 minutes, another person reads the Scripture aloud slowly after inviting the listeners to pay attention to a word or phrase that comes to mind with particular emphasis. Meditate on this word or phrase for 2-4 minutes. What is the Lord saying to you through it? How does it encourage, convict, or build curiosity in you?

**Pray:** Pray silently or aloud for the work of God in and through you as encouraged or convicted by the Scripture.

**Contemplate:** Sit in silence again after prayer. Seek to turn your attention to the Lord and God’s love. Close your time by listening to God’s word read one more time aloud.