



# Being with Jesus

## Reading the Bible - Lectio Divina

**Icebreaker:** Large slab of chocolate or a box of chocolates. Give everyone a piece. If they don't like chocolate you could use a lozenge/boiled sweet or a piece of fruit.

- (1) Before they eat, ask people to describe what's in their hands. Some will describe colour, or texture or brand or anticipation of taste.
- (2) Then ask people to eat the chocolate and savour the feeling and taste. And then describe it.

**The Spiritual Reading of Scripture:** is an approach to reading the bible which is a bit like that – rather than wolfing down a pizza in a hurry we slow down and allow ourselves to savour the tastes. It's then that we hear God speaking to us afresh and unusually.

The most precise and scientific language in the world is Maths – but you can't say "I love you" in algebra. Sometimes we go to the bible for information or answers to questions, looking for a formula. Sometimes we do find guidance. But, much more significantly, when we slow down and read the bible spiritually, we find we are being asked the questions.

This means that reading scripture becomes a practice which influences us throughout the day (not just for quiet time) as we ask ourselves, "What has God been saying? How do I respond?"

**Lectio Divina:** there are many versions of Lectio Divina. We are using the one described on the purple Vineyard Worship card so that we can develop some familiarity with it as a church.

Decide how long you are going to allocate to the lectio divina, 30 minutes is great. You can set people to do it on their own or guide a group through the sequence. You can all read together and then read alone (and then read again together if you wish).

Provide paper and pens for those who want to write or draw – encourage people to jot down thoughts, responses or things to do. It's particularly helpful for people to write out the phrase or verse upon which they are drawn to focus.

Read **Psalm 1:** presents an exhortation to meditate on scripture but then throws in an apparently questionable piece of logic. What is God saying to us through this? What do I do with it?

### Reflective Questions:

1. In what way could you weave Lectio Divina into your daily or weekly routine? Try it using your journal to write out scriptures and return to them regularly.
2. In what ways have you managed to increase contemplation of our Lord Jesus into your life (from 2 weeks ago)?
3. What steps have you taken to attend more to the presence of Holy Spirit in your life (from 3 weeks ago)?

**Resources:** Type "Lectio Divina" into the search engine on the church website. You'll find a short and a long guide to a more traditional lectio divina there.