



## **Methods for reading and praying Scripture:**

### LECTIO DIVINA (DIVINE READING) BENEDICTINE MEDITATION MODEL

- Choose Scripture
- Read each word slowly, stopping and letting it speak to you –  
READING
- Personalize the Word; what does it say to you; think specifically –  
MEDITATION
- Let the Holy Spirit reveal changes that need to be made according to the Word. Ask for help in making those changes. – PRAYER
- Review your time and thoughts to let God's truth sink in; commit to follow through - CONTEMPLATION

### THE IGNATIAN MEDITATION MODEL

For this activity, it is best to choose a Bible story, an event account or parable for example.

- Read the passage carefully.
- Read the passage a second time, this time become a participant in the story.
- Picture yourself as a character or bystander at the scene, imagine the experience with all of your senses (what do you smell, feel, see, hear, etc.).
- In addition to the experience, search for what God is teaching you through the story.
- Talk with God about your experience, asking His guidance and practical advice through the story.



## **Methods for personal reflection:**

### TEN COMMANDMENTS CONFESSION AND FORGIVENESS

Write out the commandments as best you can, don't worry about order or perfect wording. Or read and reflect on Exodus 20.

For each commandment, examine yourself and confess to God how you have sinned under this commandment. Then hear God's forgiveness for you (Romans 6:23 or 1 John 1:9)

Continue with the next commandment until finished.

### RE-LIVE AND REVIEW

In prayer and conversation with God, review the last 24 hours:

What have you seen, experienced, or done?

What interactions have you had with others?

Think through every moment that you can remember, asking God what, if anything He was teaching you at that moment.

Look for times and areas of your life where you need cleansing, purifying, healing: Ask God for His comfort, peace and forgiveness.

Look ahead to the next 24 hours – pray for strength and courage to live according to God's will.

NOTE: As you go through this exercise and experience different feelings or situations, pause occasionally to find a related Scripture passage to assist you in seeking God's guidance.

### CREATION CONCENTRATION

- Choose one specific object in creation that you can see and focus on.
- Thank God for His creativity and notice the uniqueness of the object.
- Search for what He can teach you through the object about the world; about Himself; about you.
- As thoughts come to mind, search for related Scripture.



## **Methods for personal or small group worship:**

HEART TO HEART PRAYER (with friend, couple, family, etc.)

- Sit together (hold hands if comfortable)
- Share prayer requests
- Pray silently for each other (out loud if not inhibiting) in turn
- Speak the Lord's Prayer together