

# LECTIO DIVINA AS PRAYER AND MEDITATION

*Scripture Cultivation* 

## Listening to God

- \_\_\_ Psalm 46:10
- \_\_\_ John 10:27
- \_\_\_ Isaiah 55:33
- \_\_\_ Revelation 2:7
- \_\_\_ Proverbs 8:34

## Meditating on Scripture

- \_\_\_ Joshua 1:8
- \_\_\_ Psalm 1:2-3
- \_\_\_ Psalm 119:15
- \_\_\_ Psalm 119:48
- \_\_\_ Colossians 3:16

## Encountering God in His Word

- \_\_\_ Hebrews 4:12
- \_\_\_ 2 Timothy 3:16-17
- \_\_\_ Psalm 119:15
- \_\_\_ Psalm 119:48
- \_\_\_ Colossians 3:16

## Drawing Near to God

- \_\_\_ James 4:8
- \_\_\_ Psalm 63:1
- \_\_\_ Hebrews 10:22
- \_\_\_ Psalm 145:18
- \_\_\_ Psalm 34:18

You can find the blog post,  
podcast, and video  
that go with this  
Scripture Cultivation at  
<https://beneaththefigtree.org>

beneath  
the *Fig Tree* 

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## THE 5 STEPS TO PRACTICING

# LECTIO DIVINA

**Lectio Divina (Latin for “divine reading”)** is a sacred practice of reading and meditating on Scripture. Through this process, we move beyond simply reading the Bible to experiencing God's living Word in a personal, intimate way. Here are the five steps of Lectio Divina:

01

### LECTIO (READING)

**How to Practice:** Begin by reading a passage of Scripture slowly and attentively. Choose a passage that resonates with you, either from your current study or one that feels timely.

**What to Focus On:** As you read, let your mind focus on each word and phrase. Listen for a word or verse that stands out to you or seems to speak directly to your heart.

**Reflection Tip:** Don't rush. Read at a slow pace, allowing the words to settle into your soul.

02

### MEDITATIO (MEDITATION)

**How to Practice:** Reflect deeply on the word or phrase that stood out to you. Ask yourself: Why is this particular word or phrase standing out today? What might God be revealing to me in this moment?

**What to Focus On:** Think about the meaning of the passage in its context, and then focus on how it speaks to your current life or circumstances.

**Reflection Tip:** Jot down your thoughts, feelings, and any insights you have during this time of meditation.

03

### ORATIO (PRAYER)

**How to Practice:** Respond to God in prayer, sharing your heart with Him. This is your conversation with God, where you can ask questions, express your feelings, or simply listen to Him.

**What to Focus On:** Offer your reflections to God in prayer. You can thank Him for specific insights, ask for help in areas of struggle, or seek guidance on the next steps in your spiritual journey.

**Reflection Tip:** Let your prayer be heartfelt and honest, whether it's one of gratitude, sorrow, praise, or petition.

04

### CONTEMPLATIO (CONTEMPLATION)

**How to Practice:** Rest in God's presence. After praying, give yourself time to just be with God. Don't rush to fill the silence with your own words. Let the Scriptures you've meditated on and the prayer you've offered rest in your spirit.

**What to Focus On:** Simply be still and open. Let God's peace and His Word sink deeply into your heart.

**Reflection Tip:** Stay quiet and listen with your heart. Trust that God is speaking to you, even in the silence.

05

### ACTIO (ACTION)

**How to Practice:** After your time of prayer and contemplation, ask God what He's calling you to do with what you've heard. Lectio Divina isn't just about gaining knowledge; it's about transformation and living out God's Word.

**What to Focus On:** Pay attention to any practical steps or actions God may be leading you to take as a result of this time in His Word.

**Reflection Tip:** Take one small action in response to your encounter with God, whether it's writing it down, sharing it with someone, or stepping out in faith.

# LECTIO DIVINA

Scripture: \_\_\_\_\_  
\_\_\_\_\_

01

## LECTIO (READING)

**Read the passage slowly and attentively.**

What word or phrase caught your attention?  
Why do you think this stands out to you today?

02

## MEDITATIO (MEDITATION)

**Reflect on the word or phrase that stood out to you.**

What does this mean for me today?  
How does it speak to my current life?

03

## ORATIO (PRAYER)

**Respond to God in prayer.**

Do you have any questions, praises, or feelings to express?

04

## CONTEMPLATIO (CONTEMPLATION)

**Rest in God's presence.**

Take a few moments to simply be in God's presence. Trust that He is speaking to you. What feelings or insights come to mind during this time?

05

## ACTIO (ACTION)

**Decide how to apply this to your life.**

What action is God inviting you to take based on what you've experienced in this time of reflection?

YOU'RE INVITED

# A Special Invitation



## JOIN US FOR LIVE LECTIO DIVINA SESSIONS THIS ADVENT SEASON

This Advent, I would love for you to join me in practicing Lectio Divina as we reflect on the beauty and significance of the season.

Each session will be an opportunity to experience God's Word in a personal, transformative way. Whether you're new to Lectio Divina or have been practicing it for years, these sessions will provide a sacred space to pause, reflect, and listen together.

Come with an open heart and a willingness to be present.

### **Beneath The Fig Tree: Figs Community (Facebook Group)**

- 📖 December 7th | 10:15am CST
- 📖 December 12th | 7:30am CST
- 📖 December 17th | 7:30am CST
- 📖 December 22nd | 5:00pm CST

RSVP to the event page so Facebook will send you reminders. 😊

# Lectio Divina

invites us to move from  
reading Scripture to

**EXPERIENCING IT**

beneath the *Fig Tree*

*Hey there friend.*

I'm Rose and at here Beneath The Fig Tree, my favorite God-assignment is coming alongside women to help them cultivate a devotional life they absolutely love so they experience the tangible, meaningful relationship with God they were created for!

I share lots of inspiration, tools, ideas and encouragement. You can connect with me and a whole community of (mostly) women I affectionate call "Figs" as we cultivate our devotional lives together.



[www.BeneathTheFigTree.org](http://www.BeneathTheFigTree.org)



[Beneath The Fig Tree | Podcast](#)



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Much love and gratitude,

*Rose Jordan*