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psalm 1:1-3

Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
**but whose delight is in the law of the Lord,
and who *meditates* on his law day and night.
That person is like a tree planted by streams
of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.**

01

preparation | silencio

Take a moment to come fully into the present. With your eyes closed, let your body relax, and allow yourself to become consciously aware of God's presence with you. **Express your willingness to hear from God** in these moments by using a brief prayer such as "Come Lord Jesus" or "Here I am," or "Speak, Lord, for your servant is listening."

02

read | lectio

Listen for the word or the phrase that is addressed to you. Turn to the passage and begin to read slowly, pausing between phrases and sentences. You may read silently, or you may find it helpful to read the passage aloud, allowing the words to echo and resonate, sink in and settle into your heart. As you read, listen for a word or phrase that strikes you or catches your attention. Allow a moment of silence, repeating that word or phrase softly to yourself, pondering it and savoring it as though pondering the words of a loved one. This is the word that is meant for you. Be content to listen simply and openly, without judging or analyzing.

03

reflect | meditatio

How is my life touched by this word? Once you have heard the word that is meant for you, read the passage again, and listen for the way this passage connects with your life. Ask, "What is it in my life right now that needs to hear this word?" Allow several moments of silence following this reading, and explore thoughts, perceptions and sensory impressions. If the passage is a story, perhaps ask yourself, "Where am I in this scene? What do I hear as I imagine myself in the story or hear these words addressed specifically to me? How do the dynamics of this story connect with my own life experience?"

04 respond | oratio

What is my response to God based on what I have read and encountered? Read the passage one more time, listening for your own deepest and truest response. In silence after the reading, allow your prayer to flow spontaneously from your heart as fully and as truly as you can. At this point you are entering into a personal dialogue with God, “sharing with God the feelings the text has aroused...feelings such as love, joy, sorrow, anger, repentance, desire, need, conviction, consecration. We pour out our hearts in complete honesty, especially as the text has probed aspects of our being and doing in the midst of various issues and relationships.” Pay attention to any sense that God is inviting you to act or to respond in some way to the word you have heard. You may find it helpful to write your prayers, draw or to journal at this point.

05 rest | contemplatio

Rest in the Word of God. In this final reading you are invited to release and return to a place of rest in God. You have given your response its full expression, so now you can move into a time of waiting and resting in God’s presence, like the weaned child who leans against its mother (Psalm 131:2). This is a posture of total yieldedness and abandon to the great Lover of your soul.

06 resolve | incarnatio

Incarnate (live out) the Word of God. As you emerge from this place of personal encounter with God to life in the company of others, resolve to carry this word with you and to live it out in the context of daily life and activity. As you continue to listen to the word throughout the day, you will be led deeper and deeper into its meaning, until it begins to live in you and you en flesh this word to the world in which you live. As a way of supporting your intent to live out the word you have been given, you may want to choose an image, a picture or a symbol that you can carry to remind you of it.¹

isaiah 12:2-6

Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation. With joy you will draw water from the wells of salvation. In that day you will say: “Give praise to the Lord, proclaim his name; make known among the nations what he has done, and proclaim that his name is exalted. Sing to the Lord, for he has done glorious things; let this be known to all the world. Shout aloud and sing for joy, people of Zion, for great is the Holy One of Israel among you.”

DAY 10

preparation | silencio

Silence for 2 minutes

read | lectio

Read and listen for the word or the phrase that is addressed to you.

reflect | meditatio

Read again and how is my life touched by this word?

respond | oratio

Read again and what is my response to God based on what I have read and encountered?

rest | contemplatio

Read one more time and rest in the Word of God.

resolve | incarnatio

Incarnate (live out) the Word of God.

TOTAL 15 MIN

REFLECTIONS

DAY 11

john 15:1-5

“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

preparation | silencio

Silence for 2 minutes

read | lectio

Read and listen for the word or the phrase that is addressed to you.

reflect | meditatio

Read again and how is my life touched by this word?

respond | oratio

Read again and what is my response to God based on what I have read and encountered?

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TOTAL 15 MIN

REFLECTIONS

colossians 2:8-15

See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ. For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness. He is the head over every power and authority. In him you were also circumcised with a circumcision not performed by human hands. Your whole self ruled by the flesh was put off when you were circumcised by Christ, having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead. When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

DAY 19

preparation | silencio

Silence for 2 minutes

read | lectio

Read and listen for the word or the phrase that is addressed to you.

reflect | meditatio

Read again and how is my life touched by this word?

respond | oratio

Read again and what is my response to God based on what I have read and encountered?

rest | contemplatio

Read one more time and rest in the Word of God.

resolve | incarnatio

Incarnate (live out) the Word of God.

TOTAL 15 MIN

REFLECTIONS

DAY 20

philippians 3:7-11

But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.

DAY 26

preparation | silencio

Silence for 2 minutes

read | lectio

Read and listen for the word or the phrase that is addressed to you.

reflect | meditatio

Read again and how is my life touched by this word?

respond | oratio

Read again and what is my response to God based on what I have read and encountered?

rest | contemplatio

Read one more time and rest in the Word of God.

resolve | incarnatio

Incarnate (live out) the Word of God.

TOTAL 15 MIN

REFLECTIONS

DAY 27

psalm 63:1-5

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.

preparation | silencio

Silence for 2 minutes

read | lectio

Read and listen for the word or the phrase that is addressed to you.

reflect | meditatio

Read again and how is my life touched by this word?

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TOTAL 15 MIN

REFLECTIONS

matthew 6:25-33

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.”



40000 Six Mile Rd. | Northville, Michigan 48168
248.374.7400 | www.ward.church