

# Lectio Divina: A Guided Healing Practice

*Lectio divina is an ancient prayer practice that simply means "sacred reading." It's a way to read Scripture and pray that helps us slow down and connect with the heart of the Father.*

*This is where true healing comes from.*

*Find a quiet spot and make yourself comfortable. Begin your time with intentional silence. Invite the Holy Spirit to quiet your heart and make you aware of His presence. When you are ready, you can begin reading and praying through your selected passage.*

## **Lectio (Read)**

This is where you will have your first reading of the passage. Read it slowly and prayerfully, opening yourself up to the presence of God. You may want to read silently or out loud. Notice any words or phrases that jump out at you. Trust that God will bring to mind what He wants to emphasize. Allow for a time of silence after reading the passage.

## **Meditatio (Reflect)**

On the second prayerful reading of the passage, focus further on the words or phrases which jumped out at you in the first reading. Reflect on why God would highlight these words to you. Try not to analyze the text too deeply, but rather receive what God has for you during this time. Ask Him questions and listen for His response.

## **Oratio (Respond)**

After the third reading of the passage, it's time to respond. This is your opportunity to respond to whatever it is the Father is inviting you to. You may find it helpful to record your response in a journal so that you can go back and read it later. You can also simply pray aloud or silently.

## **Contemplatio (Rest)**

The focus of the fourth prayerful reading is to rest in the love God has for you. You don't have to do or say anything. Let the Holy Spirit fill and refresh you. Sit in silence as long as you need to.

*If you're wondering what Bible verses you should focus on to aid in your journey to healing, find some suggestions below.*

*Biblical Passages on Healing:  
Jeremiah 17:14, Isaiah 41:10, James 5:6, 1 Peter 2:24,  
John 14:27, Psalm 103:2-4, Psalm 73:26.*