



CREATING
SPACE

A prayer & contemplation series

PRESENTED BY
KINGDOM CAUSES BELLFLOWER
BORROWED FROM THE
MCGRATH INSTITUTE FOR
CHURCH LIFE

Lectio Divina

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The phrase lectio divina means “divine reading” in Latin and is a fitting name for this prayer practice of listening to Scripture with the ear of the heart. Lectio divina is a dialogue with God through Scripture that includes the whole self: thoughts, images, memories, desires, etc. The movements within lectio divina involve reading, listening to, responding to and resting in the Word of God. It can be practiced alone or with a community

Matthew 11:25-30

New International Version

25At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned and revealed them to little children. 26Yes, Father, for this is what you were pleased to do.

27 “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

The Message

25-26 Abruptly Jesus broke into prayer: “Thank you, Father, Lord of heaven and earth. You’ve concealed your ways from sophisticates and know-it-alls, but spelled them out clearly to ordinary people. Yes, Father, that’s the way you like to work.”

27 Jesus resumed talking to the people, but now tenderly. “The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I’m not keeping it to myself; I’m ready to go over it line by line with anyone willing to listen.

28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Scripture Reading Guide

As you listen to the Word of God today, meditate on the scripture. Allow God to open your eyes and your heart to all He wants to reveal to you in this scripture.

1ST READING (NIV)

During this reading, listen expectantly. Picture the scene.

What do you hear or experience as you imagine yourself in this scripture? Pay attention to where you are being drawn.

2ND READING (MESSAGE)

Explore the context and meaning of this scripture, and its

significance to you. What catches your attention? – perhaps a phrase, word, image attracts you, surprises you, or even disturbs you. Imaginatively enter into the text.

3RD READING (NIV)

During this reading, pay special attention to the words of Jesus.

What did they mean to the original audience? What do they mean to you? Let the passage go deep within you. What in your life now needs to hear these words? To which of the many events and relationships in your life do they speak? Pour out your heart in complete honesty.

4TH READING (MESSAGE)

During this reading, cease striving, speaking, and trying to “figure out” the passage. Simply be open to receive whatever gifts God may have for you. Imagine holding out your open hands ready to receive whatever God wants to give. Sometimes these gifts are reminders of who God is or who we are. Sometimes they are invitation to act or respond in some way to the words you have heard. Be still and wait on the Lord.

PRAYER

In prayer, offer back to God what has been happening for you.

Share with God the feelings the text has aroused in you.

Tell God what you need to tell God. Ask God what you need to ask God. After you have prayed what you need to pray, stop and simply rest in God's presence.