

BE STILL: A GUIDE TO LECTIO DIVINA

PRAYING WITH SCRIPTURE IN FOUR SIMPLE STEPS

01

LECTIO (READ)

Read the passage slowly. Let the words sink in.

Example: *"Be still and know that I am God."*

02

MEDITATIO (REFLECT)

Read it again. Notice a word or phrase that stands out. Ask: *What is God saying to me personally through this verse?*

03

ORATIO (RESPOND IN PRAYER)

Speak to God from your heart. Share your thoughts, gratitude, or struggles. Let your prayer flow naturally.

04

CONTEMPLATIO (REST IN GOD'S PRESENCE)

Now, simply be *still*. Rest in the quiet. Allow God's love and peace to surround you without needing to say anything.

A SIMPLE PRACTICE: TRY PRAYING WITH PSALM 46:11 THIS WEEK

- Find a quiet place.
- Take a few deep breaths.
- Slowly repeat the words: *"Be still and know that I am God."*
- Let the stillness draw you into God's presence.

Remember: Lectio Divina isn't about doing it perfectly—it's about making space for God's Word to meet you in the stillness of your heart.