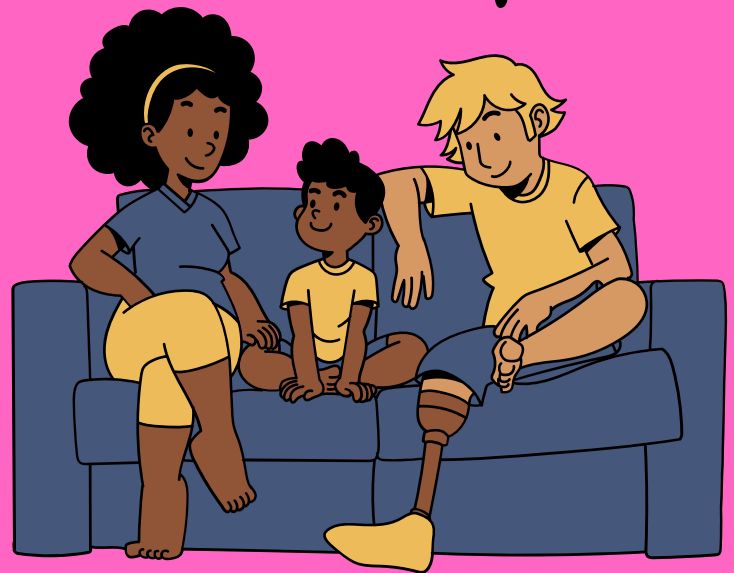


# LECTIO DIVINA FOR FAMILIES



Lectio Divina means 'divine reading'. It's a reflective way of reading the bible, where we open ourselves to hear what God is trying to say to us through scripture. Choose a short scripture and have a go!

**1** Encourage everyone to get into a comfortable position

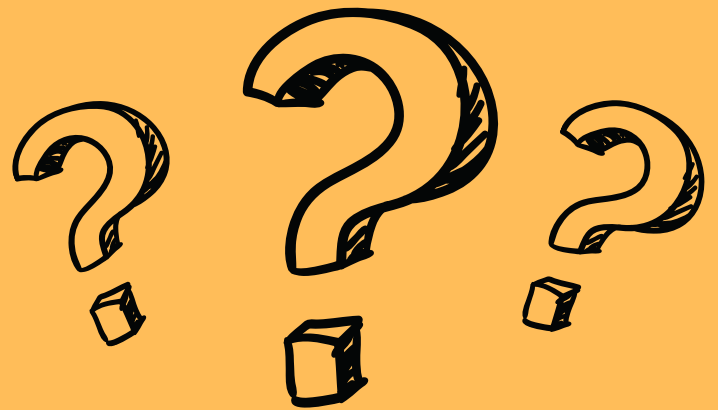


**2**



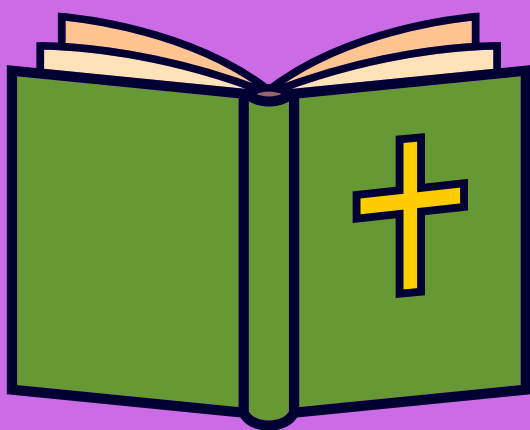
Say something like 'God can speak to us through the Bible. Close your eyes and listen to what I read. Pay attention to what stands out to you or what you remember most. God may be speaking to you through that!'

**4**



Ask what part stood out to them and explain you are going to read that part of the passage again. Or, you can read the entire passage again if you chose a short passage

**3** Read your chosen passage out loud



**6**



Pray and thank God for speaking to you

**5**

When you are finished reading the section of the passage again, ask 'What does that tell you about God?' 'What does that tell you about yourself?' 'Is there anything else you think God was saying through that scripture?'

