

## Lectio Divina Study - Book of James

You can choose to just read the section of scripture each day: aloud, silently, or use an online free guide available here: <https://bpchur.ch/VN8>.

Grab a blank journal so you can write down some reflections/prayers each day.

### **Lectio (Read)**

- Read a passage of scripture slowly and carefully.
- Try to put yourself in the story.
- Visualize the time, place, and people in the story.
- Look for words or phrases that stand out to you.

### **Meditatio (Meditate)**

- Focus on a word or phrase from the passage.
- Repeat the word or phrase out loud or in your head.
- Think about why the word or phrase resonated with you.

### **Oratio (Pray)**

- Allow your meditation to lead to a conversation with God.
- Consider what God is calling you to think about.
- Respond to what you have read.

### **Contemplatio (Contemplate)**

- Spend time resting in the presence of God.
- Reflect on what you have read.
- Consider what you will take from the passage into your week.

### **Week One: James 1:1-12**

Day 1: Overview of the Book of James - Read the entire book

Day 2: James 1:1-4

Day 3: James 1:5-8

Day 4: James 1:9-12

Day 5: James 1:1-12



# Lectio Divina Guide

- A WAY TO REFLECT ON GOD'S WORD

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## Prepare - *Silencio*

Become aware of God's presence. Quiet your mind and body, and offer yourself to God. (Try a few deep breaths and a simple prayer such as "Come, Holy Spirit, Come.")

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## Read - *Lectio*

Read the passage slowly, out loud if possible. Avoid analyzing and simply try to savor the words, letting them sink in. Listen for a nudge: What words or images is the Spirit drawing you toward today? What character do you identify with?

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## Reflect - *Meditatio*

Re-read the passage, lingering over the person/word/phrase that captured your attention. Imagine yourself in the story: What are the people thinking/feeling? Or consider a phrase or image: What does it bring to your mind? What kind of feelings is this passage evoking in you--attraction or resistance? Invite the Spirit to reveal how this passage might speak to you and your life.

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## Pray - *Oratio*

Allow the Scripture to lead you into a prayer response. Talk to God about what has come to mind, and how he might be inviting you to respond.

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## Contemplate - *Contemplatio*

Rest in the awareness of God's presence, remaining open to anything else the Spirit might stir. Simply be still. Expect nothing. Enjoy a moment of fellowship with God that goes deeper than words. Relax in this moment to *be*, with God. And know you are loved.

