

Lectio Divina

Take some time to reflect upon the text found below by using the practice of Lectio Divina:

Isaiah 43:1-5 (NLT)

But now, O Israel, the LORD who created you says: "Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. For I am the LORD, your God, the Holy One of Israel, your Savior. Others died that you might live. I traded their lives for yours because you are precious to me. You are honored, and I love you. Do not be afraid, for I am with you.

*It may be helpful for you to consider the text in several different translations

There are many ways to practice Lectio Divina, but we'd like you to try the following:

Read

Read the passage aloud, slowly and gently. As you hear the words, pay attention to any particular words or phrases that stand out to you or capture your attention.

Read again and share

Read the passage aloud again, but this time as you read ask God silently why He might have wanted you to pay particular attention to the word or phrase you identified in part one. Share the word or phrase that stood out to you.

Read one more time and share

Read it aloud one more time while asking God to reveal what He wants you to do or how he wants you to respond to Him through the thoughts raised from the scripture. Share what you sense is your personal response.

Listen and take action

Take some time to sit in silent prayer resting in the presence of God and listening for any further word from Him. Commit to take action on what you were led to.