

Lectio Divina

Lectio (Read)

My **first reading** is an opportunity to get to know the Scripture passage. I listen carefully for any words or phrases that seem to jump out. It's important not to force things, but wait patiently for God to give gentle guidance. Read, and then just sit with the passage.

Passage: Matthew 8:23-27

23 Then he got into the boat and his disciples followed him. 24 Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. 25 The disciples went and woke him, saying, "Lord, save us! We're going to drown!"

26 He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm.

27 The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

What stands out in this passage for you in the places you find yourself in your life right now?

What word or words, is God directing you to pay attention to?

Meditatio (Reflect)

The **second reading** of the same passage focuses further on the points I become aware of during the first reading. Often I'll just re-read a few verses so I can reflect carefully on where God has nudged me.

Then I'll reflect on what I believe God is saying. I try not to analyze the passage. It's easy to slip into "study mode" and think about interesting points rather than listening to what God might be saying. It helps to ask God to make His focus clear.

Again, what stand out this go-round? What is God speaking to you about? Asking you to listen to?

Oratio (Respond)

After a **third reading**, it's time to respond. I like to record my thoughts by journaling because I know I'm very prone to forgetting what I've learned, even by the next day! We can respond in prayer too, which gives us the opportunity for a conversation with God.

Perhaps in this passage you know a thing or two of what it is to have life's waves crashing into you life.

And perhaps you, like the disciples, are perplexed at Jesus's seeming inattention or activity in that storm.

Perhaps God's calling you to trust that He really is in that He's in that storm with you...and He's not only with you, but He's also powerfully able to push back the fear, anxiety, and confusion because He's the Lord God Almighty. You just need Him to do it.

Contemplatio (Rest)

After **the final reading**, I spend around 10 minutes in silent contemplation. This isn't a time of prayer or meditation — I just sit quietly and allow God to work. When my mind starts to wander and dart here and there, I bring it gently back to stillness again.

Perhaps here you might just repeat something like:

- "I know you're with me in the boat Jesus."
- "I know you know my storm."
- Or simply, "Thank you for loving me and being with me."
- "I trust you and your power...your work."
- "I receive your peace, and give you my anxiety."