

Resource: Lectio Divina 365

Lectio Divina 365 is a daily contemplative prayer app that guides you through Scripture with music, reflection, and guided silence. It's a simple way to center your heart on God throughout the day.

- **Lectio 365 (iOS & Android):** <https://www.24-7prayer.com/resource/lectio-365/>

What Is Lectio Divina? Lectio Divina (Latin for “Divine Reading”) is an ancient Christian practice of listening to Scripture with the ears of the heart. Rather than studying the passage for information, Lectio Divina invites you to slow down, receive the Word, and allow the Holy Spirit to speak personally and intimately.

A Simplified Way to Practice Lectio Divina

1. **Read (Lectio)** — Slowly read a short Scripture. Notice a word or phrase that stands out.
2. **Reflect (Meditatio)** — Sit with that word or phrase. Why might God be bringing this to your attention today?
3. **Respond (Oratio)** — Talk to God about what surfaced. Share your thoughts, feelings, or questions.
4. **Rest (Contemplatio)** — Sit quietly with God. No agenda. Simply be with Him.
5. **Live (Incarnatio)** — Carry the message into your day. Ask: *How can I live this out today?*

Team-Friendly Lectio Divina (For Groups on Mission)

A simple, quick, and meaningful way for your mission team to hear from God together before starting the day.

1. Read (Listen to the Word Together)

Choose a short passage (3–6 verses). One person reads it slowly. A second person reads it again.

Team prompt: “What word or phrase stood out to you?”

Everyone shares one word or phrase—**no explanations yet.**

2. Reflect (What Might God Be Saying?)

Read the passage a third time.

Team prompt: “Why do you think this word or phrase stood out to you today?”

Invite a few sentences each. Keep it simple.

3. Respond (Talk to God)

A short time of prayer.

Team prompt: “In one sentence, what do you want to say to God in response?”
Go around the circle with one-sentence prayers.

4. Rest (Sit With God)

Sit in silence together for 30–60 seconds.

Team prompt: “What peace, encouragement, or direction are you sensing for the day?”
Share briefly as you feel led.

Tips for Leaders:

- Keep it moving—teams are usually tired in the morning.
- Pick very short passages.
- Encourage honest but concise sharing.
- Celebrate simple insights.
- Always close with a short prayer for unity and attentiveness to the Holy Spirit.