



Soul Care Sunday - Lectio Divina

God speaks to us powerfully through His word, but that's not how many of us experience reading the Bible. Lectio Divina is a practice that helps us to slow down and receive the word of God into our heads and also our hearts.

Scripture: Hebrews 4:12-16

Discussion Questions

1. What is your relationship with the Bible like? Do you read it often, never or somewhere in between? Do you have favourite parts (and least favourite parts)? What are they and why do you like or dislike them?
2. Read Hebrews 4:12-13. What are some of the words used to describe the word of God? What kind of picture does this imagery paint of what the word of God is like?
3. Read Hebrews 4:14-15. How do these verse help us to understand what it is like to enter into the presence of God through Jesus? What does it say about the character of Jesus? What does that mean for our access to God's presence?
4. This week we are exploring the practice of Lectio Divina as a means for hearing and interacting with God's word. Have you ever tried Lectio Divina?
5. Of the 4 steps or movements (reading, meditating, praying, and contemplating), which is the most intimidating for you? Which seems the most inviting? What questions do you have about this practice?

Moving Forward

If you're willing to commit to trying to practice Lectio Divina this week, share with one another your plans. Make it a goal to talk about your experiences next week and learn from one another.