

PEACE! BE STILL.

Lectio Divina Guides by Bill Gaultiere

Lectio Divina Process

Hearing God's voice with confidence takes practice. A great way to learn is through Lectio Divina, a method of Scripture meditation developed by Benedict in the sixth century. Three times we read the Bible passage and then pray or journal quietly for a few minutes to help us listen to the Spirit. Each reading is guided by a focus question listed below. In a group context follow the leader's instructions to know when you can share your responses. Be sure to protect people's confidentiality.

Introduction to the Text

It's early in Jesus' ministry and crowds are following him. He's just taught them that the Kingdom of God is like a little mustard seed that grows into a tree that provides rest for the birds. Then Jesus goes on a boat ride with his disciples. A terrible storm hits and he shows them what it looks like to be at peace in the kingdom by napping during the storm. When the panicked disciples wake him he speaks the peace in his body into the storm to calm it!

Mark 4

35 On that day, when evening had come, he said to them, "Let us go across to the other side." 36 And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. 37 And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. 38 But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?"

39 And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm.

40 He said to them, "Why are you so afraid? Have you still no faith?"

41 And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?" (ESV).

Prayer / Journaling / Soul Talk Prompts

1. What is one word or phrase the Holy Spirit impresses on you? In silence meditate on that.
2. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.
3. What is God's personal invitation to you from the Scripture? You can write down what the Lord may be saying to you or a prayer of thanks. Or simply rest quietly in the Spirit's presence.