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

Jesus explains to his disciples that, contrary to their expectations, he would suffer and die at the hands of the religious leaders but on the third day he’d be raised back to life, shining in glory. Then he shows them his glory in a miraculous small group meeting! The best small group meetings are when Jesus is the center of everyone’s attention and affection. A simple prayer of the heart like “Jesus, be the center,” helps to transfigure group members into the image of Christ.

Matthew 17

1 After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. 2 There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. 3 Just then there appeared before them Moses and Elijah, talking with Jesus. 4 Peter said to Jesus, “Lord, it is good for us to be here. If you wish, I will put up three shelters—one for you, one for Moses and one for Elijah.” 5 While he was still speaking, a bright cloud covered them, and a voice from the cloud said, “This is my Son, whom I love; with him I am well pleased. Listen to him!” 6 When the disciples heard this, they fell facedown to the ground, terrified. 7 But Jesus came and touched them. “Get up,” he said. “Don’t be afraid.” 8 When they looked up, they saw no one except Jesus. 9 As they were coming down the mountain, Jesus instructed them, “Don’t tell anyone what you have seen, until the Son of Man has been raised from the dead.” 10 The disciples asked him, “Why then do the teachers of the law say that Elijah must come first?” 11 Jesus replied, “To be sure, Elijah comes and will restore all things. 12 But I tell you, Elijah has already come, and they did not recognize him, but have done to him everything they wished. In the same way the Son of Man is going to suffer at their hands.” 13 Then the disciples understood that he was talking to them about John the Baptist (NIV).

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.