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. He has just travelled four or five days by foot from Galilee to the feast at Jerusalem. On a Sabbath day he heals the invalid at the Sheep Gate Pool and is persecuted for this. Yet, in this act and in all that he does he’s joining the Father’s works of love. He insists, “Whatever the Father does the Son also does” (John 5:19).

John 5

16 So, because Jesus was doing these things on the Sabbath, the Jewish leaders began to persecute him. 17 In his defense Jesus said to them, “My Father is always at his work to this very day, and I too am working.” 18 For this reason they tried all the more to kill him; not only was he breaking the Sabbath, but he was even calling God his own Father, making himself equal with God.

19 Jesus gave them this answer: “Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does. 20 For the Father loves the Son and shows him all he does. Yes, and he will show him even greater works than these, so that you will be amazed. 21 For just as the Father raises the dead and gives them life, even so the Son gives life to whom he is pleased to give it. 22 Moreover, the Father judges no one, but has entrusted all judgment to the Son, 23 that all may honor the Son just as they honor the Father. Whoever does not honor the Son does not honor the Father, who sent him (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.