

Lectio Divina – Devine Reading

Prayer using scripture (sourced from www.methodists.org.uk)

- **Read** through one of the texts below slowly
- **STOP** when you are struck by a word or a phrase
- **Stay** with the word or phrase that moved you, maybe repeating it slowly, allowing them to sink into your heart. Only move on when you are ready.
- **Try** to have an inner stillness so that you can perceive the gentle action of God

Psalm 139

¹ You have searched me, LORD, and you know me.

² You know when I sit and when I rise; you perceive my thoughts from afar.

³ You discern my going out and my lying down; you are familiar with all my ways.

⁴ Before a word is on my tongue you, LORD, know it completely.

⁵ You hem me in behind and before, and you lay your hand upon me.

⁶ Such knowledge is too wonderful for me, too lofty for me to attain.

⁷ Where can I go from your Spirit? Where can I flee from your presence?

⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea,

¹⁰ even there your hand will guide me, your right hand will hold me fast.

¹¹ If I say, "Surely the darkness will hide me and the light become night around me,"

¹² even the darkness will not be dark to you; the night will shine like the day,
for darkness is as light to you.

¹³ For you created my inmost being; you knit me together in my mother's womb.

¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

¹⁵ My frame was not hidden from you when I was made in the secret place,
when I was woven together in the depths of the earth.

¹⁶ Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

¹⁷ How precious to me are your thoughts, ^[a] God! How vast is the sum of them!

¹⁸ Were I to count them, they would outnumber the grains of sand - when I awake, I am still with you.

Isaiah 43

But now, this is what the LORD says - he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine.

² When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

³ For I am the LORD your God, the Holy One of Israel, your Savior; I give Egypt for your ransom, Cush and Seba in your stead.

⁴ Since you are precious and honored in my sight, and because I love you, I will give people in exchange for you, nations in exchange for your life.

Romans 8

¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. ¹⁶ And by him we cry, "Abba, Father." ¹⁷ The Spirit himself testifies with our spirit that we are God's children. ¹⁸ Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

¹⁹ I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. ²⁰ For the creation waits in eager expectation for the children of God to be revealed. ²¹ For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope ²² that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God.

²³ We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. ²⁴ Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. ²⁵ For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? ²⁶ But if we hope for what we do not yet have, we wait for it patiently.

²⁷ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. ²⁸ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

²⁹ And we know that in all things God works for the good of those who love him, who have been called according to his purpose. ³⁰ For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. ³¹ And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

2 Timothy 1

⁶ For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. ⁷ For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. ⁸ So do not be ashamed of the testimony about our Lord or of me his prisoner. Rather, join with me in suffering for the gospel, by the power of God. ⁹ He has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time, ¹⁰ but it has now been revealed through the appearing of our Savior, Christ Jesus, who has destroyed

