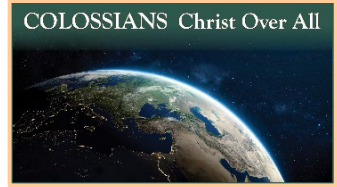


Scripture Reading: _____

Date: _____



LECTIO DIVINA

A prayerful reading with mind and heart

Silencio (Silence)

- Prepare for spiritual reading by finding a place where you can focus on God and his loving presence.
- With each breath, breathe in the Holy Spirit, and breathe out distractions. Inwardly shift from only reading the text to allowing the text to read you.

Lectio (Reading) – *Read your text for the first time.*

- Note words or phrases that draw your attention and allow words that are weighty with meaning to sink in and nourish your soul.
- Return to what attracts or repulses you, what is comforting or uncomfortable.
- The question behind our reading is, "What are you saying to me right now, Lord?"

Meditatio (Meditation) – *Read your text for the second time.*

- Gently repeat to yourself the word or phrase to which you have been drawn, reflecting upon the thoughts, hopes, images and feelings that come to you.
- Pay attention: What does the text elicit in you?

Oratio (Prayer) – *Read your text for the third time.*

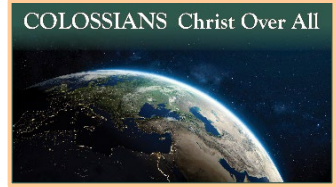
- Respond to what you have read and heard from God to this point as the Lord has addressed you through the Word.
- Pray whatever naturally flows out of your heart. Honestly express your deepest thoughts, feelings, and desires in dialogue with God.

Contemplatio (Contemplation) – *Rest completely in God.*

- Be receptive to whatever God wants to do in you, with you, and through you.
- With gratitude and abandonment, yield to God without expectations or demands. Enjoy the divine presence.

Scripture Reading: _____

Date: _____



INDUCTIVE STUDY

Questions for Individuals or Group Discussion

PRAY

Before you read, ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives (Colossians 1:9).

READ

Read your text slowly. If needed, read earlier portions of the letter to get the context. If helpful, read your text in several translations.

OBSERVATIONS — *What does the text say?*

- What are some key words, phrases, or concepts?
- What is the logical development of the argument?
- What is the situation being addressed?

INTERPRETATIONS — *What does the text mean?*

- How would you summarize Paul's message?
- What does Paul want the Colossians to know or do?
- What does this text say to us about God?

APPLICATIONS — *What does the text mean to us?*

- How is the situation Paul addresses like situations in our lives? How might Paul apply his message to us today?
- What does God want you to know or do in response to this message? How will you live this out tomorrow?
- What is God saying to you through this text?

PRAY

Ask God to help you respond faithfully to what you are hearing the Lord say to you and/or your group.