



PALM SUNDAY- LECTIO DIVINA & LUTHER'S THREEFOLD MOVEMENT OF PRAYER

Lectio Divina: Listen, Ponder, Pray

This is a way of reading the Bible to move you to pray. You might remember when I first arrived at Spruce Run I did a short video introducing the practice to the congregation.

Find a piece of scripture that is meaningful to you and read it aloud three times. The first time listen for one word or phrase that strikes you. Repeat that word or phrase for a while. The second time through ponder what that word or phrase means to the whole of the passage you're reading and also what it might have to do with your life. Take some time to put together a single sentence that describes what it has to do with your life. The third time, pray that you might know what you are being called to do, or not do, say, or refraining from saying on account of this piece of scripture.

Luther's Threefold Movement of Prayer: Prayer, Meditation, Struggle, Prayer

Luther had a way of reading scripture not unlike Lectio Divina. You begin in prayer, asking the Holy Spirit to guide your reading. Then you read scripture in a thoughtful, receptive manner. Then you struggle with it, you let it examine and confront you. This should bring you to a decision about what God's Word is saying to you. Finally, you return to your original action, prayer.