

# ancient words

A SERMON SERIES ON THE POWER & TRUSTWORTHINESS THE SACRED SCRIPTURES

## week three: lectio divina

### welcome:

What was your top song for 2024 on Spotify?

### worship:

Sing, *ANCIENT WORDS*

**Introduction:** Lectio Divina literally means “divine reading.” The Lectio Divina was first introduced by Gregory of Nyssa (AD 330- 395) as a way of developing intimacy with God by reflecting prayerfully on His words. For week 3, Pastor Jon invited Kelsey MacPherson to share about the beautiful ancient practice of *lectio divina*, and how we can benefit from practicing it. This part of the series is all about embracing the Christ-centered discipline of reading, meditating, responding and contemplating Scriptures and help us grow in love with God’s Word.

### word:

Read **Joshua 1:8, Psalm 1:1-3.**

Meditating on God’s Word is an important discipline that followers of Jesus must learn to develop. We believe that immersing ourselves in God’s written word is transformative. It is profitable for us, for teaching, for reproof, correction, for training in godly living (2 Timothy 2:16-17). It is alive and powerful in penetrating our thoughts and motives (Hebrews 4:12), and by it, we discover God’s good, perfect and pleasing will.

#### 1. IT IS TAUGHT IN SCRIPTURE.

Psalm 119:27, Psalm 119:97, Psalm 145:5  
Psalm 119:15-16

#### 2. IT IS OUR SPIRITUAL FOOD.

Deuteronomy 8:3  
Matthew 4:4

#### 3. IT IS GOOD FOR OUR MENTAL HEALTH.

Proverbs 4:20-22

#### 4. IT HELPS US STAY OBEDIENT TO GOD.

Psalm 119:11

#### 5. IT CAUSES US TO GROW IN LOVE FOR JESUS.

John 15:9-12

#### Understanding *Lectio Divina*.

Lectio Divina comprises four elements:

**Read** (Lectio): When you read the Word, read it loud enough for you to hear yourself, and write down words or phrases that stand out to you.

**Reflect** (Meditatio): Meditation literally means to repeat words. Repeat phrases that stand out, and ask yourself, “how is my life touched by this word?” Write your reflections down.

**Respond** (Oratio): Prayer is responding to what God said to you in your meditation. Ask yourself: what is God calling me to do or be?

**Rest** (Contemplatio): Rest in the Word of God and in the Presence of God. Let your spirit yield to the Holy Spirit. Do not rush.

#### Discussion Questions:

1. What important truth did you learn from this message?
2. What is the primary motivation for meditating on the Word of God?
3. What is the difference between meditation and prayer?
4. For Jesus, meditating is spending time with the Father for strength. How does meditation help strengthen our body and soul?
5. How does meditating on God’s Word beneficial to our mental health not just our spiritual life?

6. Why is meditating on God's Word more effective and life-changing than meditating on our own thoughts and dreams?

### **work:**

- Get yourself a physical Bible, a notebook and pen.
- Find time in the day when you can spend 30 minutes of Lectio Divina, meditating on God's Word. Commit to doing it at the same time every day. Suggestion: find the best time when you are most awake and effective.
- Journal what God teaches you in your meditation.
- Repeat until it becomes a part of your rhythm.