

# The Week 91 supplement

---

*Connecting the Sunday Sparkle at Hearsall Baptist with the Daily Dust of Life*

## LECTIO DIVINA TEXT

ISAIAH 54 (adapted from NIV)

4 Do not be afraid; you will not be put to shame.  
Do not fear disgrace: you will not be humiliated.  
You will forget the shame of your youth,  
And remember no more the [devastation] of your widow-  
hood

For your Maker is your [partner] – the LORD Almighty

...

The Holy One ... is your redeemer

7 For a brief moment I abandoned you,  
but with deep compassion I will bring you back.  
... with everlasting kindness I will [care] for you.

11 O afflicted one, storm-tossed, not comforted!  
I will rebuild you with stones of turquoise ...

13 All your children will be taught by the LORD,  
And great will be their peace.

# *Lectio Divina*

Lectio divina is a method of spiritual reading developed by St Benedict. It's about dwelling on a passage of Scripture in prayer, expecting that we will hear God speak to us personally.

## Step one: Lectio **Reading the text**

- We read the passage read aloud.
- Next, read the passage through in your heart, several times.
- Now look for a word or a phrase that stands out for you. Spend some time repeating the phrase in your head. Allow it to sift through into your heart and mind.

## Step two: Meditatio **Pondering**

- Pay attention to the thoughts and feelings evoked by your phrase.
- Explore the images and memories and thoughts that come to mind through your phrase.
- Ask God to speak to you through this phrase.
- Listen for a reply from God's Spirit within you.

## Step three: Oratorio **Responding**

- How are you responding to God's word to you?
- What desires have been awoken?
- Is this an area of your life that needs some development?
- Is this a time to be thankful, or a time to repent?
- Is it a time to commit to some new course of action?
- Spend more time waiting and listening.
- Express your desire to God in this area.

## Step four: Complatio **Resting**

- Rest in silence, settling into the word that God has spoken to you and allowing your response to him to settle.
- Express your gratitude to God.