

# The Four Movements of Lectio Divina

There are four movements to lectio divina: Read, Meditate, Pray, and Act. Enter into this time through the gateway of Psalm 46:10, “Be still, and know that I am God.”

**1 Read.** Read the passage in a slow and measured way. Read it more than once, maybe three or four times. Try to get a sense of what is happening and who is speaking. Take your time.

**2 Meditate.** Think about it, allowing the flavor of the text to seep out. Don't try to insert too much meaning at first; mull it over and see what God draws to the surface. Approach this prayerfully, asking the Holy Spirit to be with you, trusting that illumination will come. Don't rush it. Ponder, weigh, consider.

**3 Pray.** You've allowed God to speak to you through the text; now it's your turn to speak to him. Have a simple conversation with him about what you have just read: Explain how it made you feel, what you noticed as you read.

**4 Act.** Identify how you might need to respond. Sometimes this will be a specific action to take; sometimes it might be a shift in attitude or behavioral pattern that needs to be addressed; sometimes it will simply be a reassurance to continue on a path you've already decided to follow.

This is a simple way to approach the Bible and will help in hiding God's Word in your heart. Lectio 365 is an app developed by 24-7 Prayer, which is designed to help people go on this journey with Scripture every day. We use the acronym PRAY for this, which is incredibly similar to the process above: Pause, Reflect, Ask, Yield.

[Be Still: A Simple Guide to Quiet Times // Brian Heasley](#)



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