

# Lectio Divina Practice Tips

## How to get started doing Lectio Divina:

- Choose a place and time that are quiet and uninterrupted. You will need at least 15 minutes to really get the most out of this practice
- If you don't know what Bible passage to read, choose a Psalm—a great one to start with is Psalm 23
- Particularly the first few times through this process, choose a shorter passage, as it will be easier to focus on and draw a main idea from
- Remind yourself that you are coming to God's Word and that to engage the Bible is to engage God
- Close your eyes before you start reading and pray for the Holy Spirit to quiet your mind and bless your time in Scripture
- If you get distracted or tired, don't worry or criticize yourself. Simply bring your mind back to the Bible passage, re-read it, and be grateful for God's Word.

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