

Lectio Divina for Kids

Lectio Divina is a practice that helps us gain deeper understanding of Scripture by opening ourselves up to what God is telling us through His word.

A Lectio Divina is typically divided into four different parts:

1. **Reading** - Read the text out loud until a phrase stands out, this is what the Holy Spirit is drawing your attention to.
2. **Meditate** - Repeat the phrase out loud, asking what God is saying to you through this text.
3. **Pray** - Take your thoughts and offer them back to God.
4. **Contemplate** - Move from prayer into resting in God's presence.

Adapting Lectio Divina for Kids

1. Have your child get in a **comfortable** position. I usually do this at night when we are getting ready for bed so that they are cozy in their beds. I also do this if I have an early riser and I'm not quite ready to be done with my morning quiet time.
2. **Say** something like, "God can speak to us through the Bible. Close your eyes and listen to what I read. Pay attention to what makes you feel good, what you remember most, or what stands out to you. God may be speaking to you through that!"
3. **Read** the verse out loud.
4. **Ask** what part stood out to them and explain that you are going to read that part of the verse again. Or you can read the entire verse again if you chose a shorter verse.
5. When you are done reading the section of the verse again **ask**, "What does that tell you about God?" "What does that tell you about yourself?" "Is there anything else you think God was saying through that scripture?"
6. **Pray** and thank God for speaking to you.

Thomas, Christie. "Lectio Divina for Kids: Teaching Kids to Pray Through the Bible." *Little Shoots Deep Roots*. <https://littleshootsdeeproots.com/kids-ideas-blog/lectio-divina-for-kids/>. Accessed 27 June 2022.