



An Invitation For Those Who Are Tired

The Lectio Divina Way

Lectio Divina is Latin for “divine reading” or “sacred reading”. It’s origins go back to the 6th Century Benedict of Nursia and has continued to be used as a spiritual practice. The passage is read three times with a pause in between to reflect, pray or journal. In this guide you will find **suggested** prompts to go with each pause.

A Little About the Passage

In this passage we see an invitation. It speaks to a deep spiritual longing and how God desires to enter into those spaces with us. The longing or thirst is not something to bring shame. Instead it is an opportunity. Too often we hide those places because of what others may think or say about us but none of us is immune from experiencing times like these. So what would it look like to accept where you are and say yes to His invitation?

Isaiah 55:1-3 NLT

1 "Is anyone thirsty? Come and drink--even if you have no money! Come, take your choice of wine or milk--it's all free!

2 Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen to me, and you will eat what is good. You will enjoy the finest food.

3 "Come to me with your ears wide open. Listen, and you will find life. I will make an everlasting covenant with you. I will give you all the unfailing love I promised to David.

Prompts for Prayer, Journaling or Conversation

Read (lectio)

- Read scripture/passage once without stopping.
- Take notice of what stands out to you? A phrase, word, or image.
- Consider who is invited in this passage.

Reflect (meditatio)

- Read the scripture/passage a second time.
- What stands out to you? A phrase, word, or image.
- Consider what is offered in this passage.

Respond (oratio)

- Read the scripture/passage a third time.
- Consider what needs to be done in order to receive this?

Rest (contemplatio)

- What do you feel?
- Notice the posture of your heart.
- What do you want to express to God at this moment?