

WRAP Yourself in Scripture

Journaling with *Lectio Divina*

4 Spiritual Benefits to Journaling

1. Journaling aides in the development and articulation of your relationship with God.
2. Journaling helps to uncover unknown thoughts, feelings, and desires of your inner self (e.g., I didn't know I felt like this or thought this way.)
3. Journaling provides perspective outside yourself-that is, God's perspective which includes liberation from racing thoughts that can occupy your mind.
4. Journaling provides an opportunity to look back on your journey with God and experience the blessings, the inner healing, and the answers to prayer all over again.

How to WRAP

First, pause and recollect yourself to God's presence. Become aware that God is right here, right now. Ask him for the light of His Holy Spirit to illuminate this time of Prayer.

Next, read the verse several times until a word, verse, or verses jump out to you or capture your attention. Then Begin:

W=Write: Write out the image, verse or verses that speak to you.

R=Reflect: Reflect on the principle or truth that the Scripture is teaching. Use your imaginative and analytical faculties. Write down your thoughts, feelings, and desires in relationship to the Scripture; and dialogue with Jesus.¹

A=Apply: Consider how Jesus is calling you to apply the truths from Scripture. Write down your response to the Scripture and how you can apply it beginning today.

P=Pray: Write (or speak out) a simple prayer related to the verses that offer praise and thanksgiving to God. Ask God to help you respond in faith to His Word. When in a group we recommend that once the passage has been read aloud by one person, and considered in silence by the group, invite individuals to re-read the brief sentence or phrase that struck them and then pray aloud to God addressing him directly, rather than speaking to the other people present.

At the end of your prayer, focus completely on Jesus. Rest in His Heart and presence. Receive His strength, His love, and His grace.

¹ All the above taken from *WRAP Yourself in Scripture* by Karen L. Dwyer, PhD/ Lawrence A. Dwyer, JD, The Institute For Priestly Formation.

Luke 8:1-15

Soon afterward he went on through cities and villages, preaching and bringing the good news of the kingdom of God. And the twelve were with him, and also some women who had been healed of evil spirits and infirmities: Mary, called Mag'dalene, from whom seven demons had gone out, and Joan'na, the wife of Chuza, Herod's steward, and Susanna, and many others, who provided for them out of their means. And when a great crowd came together and people from town after town came to him, he said in a parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." As he said this, he called out, "He who has ears to hear, let him hear." And when his disciples asked him what this parable meant, he said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience.

Write

Reflect

Apply

Pray