



Links Players

Lectio Divina

How sweet are your words to my taste, sweeter than honey to my mouth! Through your precepts I get understanding; therefore I hate every false way. (Psalm 119:103-104, ESV)

I slid into room 309 forty minutes before I was to share my talk on Why we need to tell our story. The Faith and Sports Institute mentors finished debriefing events from the day before. Josh, a young man who cornered me the first day with enthusiastic golf questions, took the podium and led us through the spiritual discipline Lectio Divina, a contemplative way of reading the Bible.

A few years back, I dipped my toes into learning how to Lectio Divina. It didn't take long for the practice to drift away down the sea of forgetfulness. A similar occurrence happens in my golf swing too. I am easily distracted away from my fundamentals in search for the ultimate swing thought.

Instead of rereading my talking points, I turned my attention to Josh and followed along with the rest of the group to practice Lectio Divina through Galatians 2:20: "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me (NIV)."

In less than ten minutes, I tasted the words of God, and they were sweet in my mouth. Nourishment poured into my heart at a time I desperately needed it as I paused and sought God's heart through meditating on this one verse.

Golfers chatter about the importance of practice all the time. I know my confidence soars when I practice with purpose. The same happens when we read God's Word with purpose. Are you willing to practice Lectio Divina with me today?

Read Galatians 2:20 and pay attention for a key phrase or word that jumps out or has special meaning for you. Pause for sixty seconds to consider.

Next, read through the passage a second time reflecting on the word or phrase discovered in the first reading. Pause for sixty seconds and let the word or phrase sink into your heart.

After reading Galatians 2:20 a third time, respond to what you have read in prayer. Express your response to the idea held in the word or phrase by praying it back to God. Pause for sixty seconds to pray.

In your fourth and final read through the scripture, rest in the Text and allow it to drip deeper into your heart. Savor the encounter with God and his truth. When you are ready, move toward asking God to show you how to live out today what you have experienced. Pause for two minutes or more.

Just like there are many ways to practice golf to help improve our games, Lectio Divina is one of many ways we might spend time with God and his Word. Let's shake it up and let the sweet taste of honey feed our souls.

Prayer: Lord, thank you for the sweet taste of your Word. Help me to pause and consider what you want to say to me today.

Tracy Hanson

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