



# Through the Scriptures

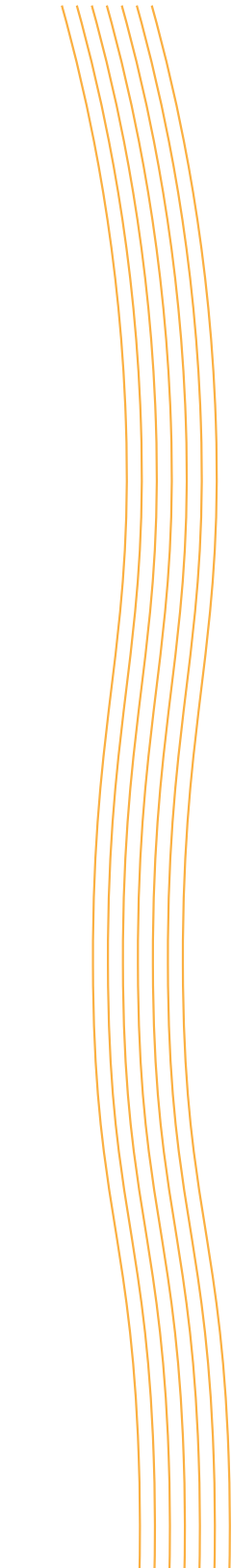
*Daily holy readings for spiritual renewal*



Resource #1 on Lectio Divina



Diocese of Toronto  
Anglican Church of Canada



Eternal God, who caused all holy scriptures to be written for our learning, grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Saviour Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

**Lectio Divina (Latin for Divine Reading) has been a practice of the Christian Church since the time of the Desert Fathers and Mothers. These were early Christian hermits and ascetics who understood this form of careful reading as a path to promote a deeper walk with God and to increase one's knowledge of the scriptures.**

The goal of these 31 daily readings<sup>1</sup> is to come to know and love Christ<sup>2</sup> the *Living* Word more deeply, as you engage with and are formed by the *written* Word.

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<sup>1</sup> Unless otherwise indicated, the scripture passages are cited in the New Revised Standard Version (Updated Edition).

<sup>2</sup> Origen, an early Christian teacher of the 3<sup>rd</sup> century, understood Christ, the Living Word, to be the interpretive key to unlocking the message of the Scriptures, the written Word. Reading scripture was meant to be more than simply reading through sacred texts; it was meant to be a tool by which people encountered and enjoyed the Living God. By the 6<sup>th</sup> century the term Lectio Divina was already well established in the writings of such Church Fathers as St. Ambrose and St. Augustine. However, the four-fold pattern of Lectio Divina used during the medieval period has been attributed to St. Benedict and Pope Gregory.

First, find a quiet place with few distractions. Then, after a few moments of silence, offer a short prayer thanking God for his presence, and inviting the Holy Spirit to be your guide.

Then, read through one of the following scriptures three times; once for each of the first three “movements” of Lectio Divina: reading, meditating and praying. The final movement (contemplation) is not about thinking but about resting in the presence of God.

- (1) **Read** the scripture slowly and, when possible, aloud, paying loving attention to the text itself, no matter how familiar it is.
- (2) **Meditate** on the passage, pondering words and phrases that stand out and inviting the Holy Spirit to help you see Christ working in and through the text.
- (3) **Pray** the passage, offering it as part of a loving conversation with God that will ultimately be a lamp for your feet and a light for your path.
- (4) **Contemplate** God’s love for you in Christ, simply resting in and enjoying God’s love in silence.



**(1) 2 Chronicles 7:14**

<sup>14</sup> if my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

**(2) Psalm 27:4**

<sup>4</sup> One thing I asked of the LORD;  
this I seek:  
to live in the house of the LORD  
all the days of my life,  
to behold the beauty of the LORD,  
and to inquire in his temple.

**(3) Psalm 51:10-12**

<sup>10</sup> Create in me a clean heart, O God,  
and put a new and right spirit within me.  
<sup>11</sup> Do not cast me away from your presence,  
and do not take your holy spirit from me.  
<sup>12</sup> Restore to me the joy of your salvation,  
and sustain in me a willing spirit.

**(4) Psalm 63:1-4**

<sup>1</sup> O God, you are my God; I seek you;  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.  
<sup>2</sup> So I have looked upon you in the sanctuary,

beholding your power and glory.  
<sup>3</sup> Because your steadfast love is better than life,  
my lips will praise you.  
<sup>4</sup> So I will bless you as long as I live;  
I will lift up my hands and call on your name

## (5) Psalm 147

<sup>1</sup> Praise the LORD!  
How good it is to sing praises to our God,  
for he is gracious, and a song of praise is fitting.  
<sup>2</sup> The LORD builds up Jerusalem;  
he gathers the outcasts of Israel.  
<sup>3</sup> He heals the brokenhearted  
and binds up their wounds.  
<sup>4</sup> He determines the number of the stars;  
he gives to all of them their names.  
<sup>5</sup> Great is our Lord and abundant in power;  
his understanding is beyond measure.  
<sup>6</sup> The LORD lifts up the downtrodden;  
he casts the wicked to the ground.  
  
<sup>7</sup> Sing to the LORD with thanksgiving;  
make melody to our God on the lyre.  
<sup>8</sup> He covers the heavens with clouds,  
prepares rain for the earth,  
makes grass grow on the hills.  
<sup>9</sup> He gives to the animals their food  
and to the young ravens when they cry.  
<sup>10</sup> His delight is not in the strength of the horse  
nor his pleasure in the speed of a runner,  
  
<sup>11</sup> but the LORD takes pleasure in those who fear him,  
in those who hope in his steadfast love.



## (6) Isaiah 40:21-26

<sup>21</sup> Have you not known? Have you not heard?  
Has it not been told you from the beginning?  
Have you not understood from the foundations of the  
earth?

<sup>22</sup> It is he who sits above the circle of the earth,  
and its inhabitants are like grasshoppers,  
who stretches out the heavens like a curtain  
and spreads them like a tent to live in,

<sup>23</sup> who brings princes to naught  
and makes the rulers of the earth as nothing.

<sup>24</sup> Scarcely are they planted, scarcely sown,  
scarcely has their stem taken root in the earth,  
when he blows upon them, and they wither,  
and the tempest carries them off like stubble.

<sup>25</sup> To whom, then, will you compare me,  
or who is my equal? says the Holy One.

<sup>26</sup> Lift up your eyes on high and see:  
Who created these?

He who brings out their host and numbers them,  
calling them all by name;  
because he is great in strength,  
mighty in power,  
not one is missing.

## (7) Isaiah 40:27- 31

<sup>27</sup> Why do you say, O Jacob,  
and assert, O Israel,

“My way is hidden from the LORD,  
and my right is disregarded by my God”?

<sup>28</sup> Have you not known? Have you not heard?

The LORD is the everlasting God,  
the Creator of the ends of the earth.

He does not faint or grow weary;  
his understanding is unsearchable.

<sup>29</sup> He gives power to the faint  
and strengthens the powerless.

<sup>30</sup> Even youths will faint and be weary,  
and the young will fall exhausted,

<sup>31</sup> but those who wait for the LORD shall renew their strength;  
they shall mount up with wings like eagles;  
they shall run and not be weary;  
they shall walk and not faint.

## (8) Isaiah 41:10

<sup>10</sup> do not fear, for I am with you;  
do not be afraid, for I am your God;  
I will strengthen you; I will help you;  
I will uphold you with my victorious right hand.

## (9) Isaiah 42:3

<sup>3</sup> a bruised reed he will not break,  
and a dimly burning wick he will not quench;  
he will faithfully bring forth justice.



**(10) Isaiah 43:18-19**

<sup>18</sup> Do not remember the former things  
or consider the things of old.

<sup>19</sup> I am about to do a new thing;  
now it springs forth; do you not perceive it?  
I will make a way in the wilderness  
and rivers in the desert.

**(11) Jeremiah 29:13**

<sup>13</sup> When you search for me, you will find me; if you seek me  
with all your heart.

**(12) Jeremiah 33:3**

<sup>3</sup> Call to me and I will answer you, and I will tell you great and  
hidden things that you have not known.

**(13) Ezekiel 11:19**

<sup>19</sup> I will give them one heart and put a new spirit within  
them; I will remove the heart of stone from their flesh and  
give them a heart of flesh,

**(14) Ezekiel 36:26**

<sup>26</sup> A new heart I will give you, and a new spirit I will put  
within you, and I will remove from your body the heart of  
stone and give you a heart of flesh.



## (15) Ezekiel 37:1-10

The hand of the LORD came upon me, and he brought me out by the spirit of the LORD and set me down in the middle of a valley; it was full of bones. <sup>2</sup>He led me all around them; there were very many lying in the valley, and they were very dry. <sup>3</sup>He said to me, "Mortal, can these bones live?" I answered, "O Lord GOD, you know." <sup>4</sup>Then he said to me, "Prophecy to these bones and say to them: O dry bones, hear the word of the LORD. <sup>5</sup>Thus says the Lord GOD to these bones: I will cause breath to enter you, and you shall live. <sup>6</sup>I will lay sinews on you and will cause flesh to come upon you and cover you with skin and put breath in you, and you shall live, and you shall know that I am the LORD."

<sup>7</sup>So I prophesied as I had been commanded, and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. <sup>8</sup>I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them, but there was no breath in them. <sup>9</sup>Then he said to me, "Prophecy to the breath, prophecy, mortal, and say to the breath: Thus says the Lord GOD: Come from the four winds, O breath, and breathe upon these slain, that they may live." <sup>10</sup>I prophesied as he commanded me, and the breath came into them, and they lived and stood on their feet, a vast multitude.

## (16) Matthew 7:7-8

<sup>7</sup>"Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. <sup>8</sup>For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.



**(17) Matthew 11:28-30**

“Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.”

**(18) Mark 6:50b**

“Take heart, it is I; do not be afraid.”

**(19) Luke 2:10**

But the angel said to them, “Do not be afraid, for see, I am bringing you good news of great joy for all the people: <sup>11</sup> to you is born this day in the city of David a Savior, who is the Messiah, the Lord.

**(20) John 1:14**

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father’s only son, full of grace and truth.

## **(21) John 20:19-22**

When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood among them and said, "Peace be with you."<sup>20</sup> After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord.<sup>21</sup> Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you."<sup>22</sup> When he had said this, he breathed on them and said to them, "Receive the Holy Spirit."

## **(22) Acts 2:17-18**

'In the last days it will be, God declares,  
that I will pour out my Spirit upon all flesh,  
and your sons and your daughters shall prophesy,  
and your young men shall see visions,  
and your old men shall dream dreams.  
Even upon my slaves, both men and women,  
in those days I will pour out my Spirit,  
and they shall prophesy.



### (23) Romans 11:33-36

<sup>33</sup> O the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways!

<sup>34</sup> “For who has known the mind of the Lord?  
Or who has been his counselor?”

<sup>35</sup> “Or who has given a gift to him,  
to receive a gift in return?”

<sup>36</sup> For from him and through him and to him are all things.  
To him be the glory forever. Amen.

### (24) Romans 12:1-2 (First Nations Version: An Indigenous translation)

So then, my sacred family members, because Creator has shown us such mercy and kindness, I now call on you to offer your whole beings, heart, mind, and strength, to the Great Spirit as a living sacrifice. Do this in a sacred and spiritual manner that will make his heart glad. Do not permit the ways of this world to mold and shape you. Instead, let Creator change you from the inside out, *in the way a caterpillar becomes a butterfly*. He will do this by giving you a new way of thinking, seeing, and walking. Then you will know for sure what the Great Spirit wants for you, things that are good, that make the heart glad, and that help you to walk the path of becoming a mature and true human being.

## **(25) 2 Corinthians 5:17-21**

<sup>17</sup> So if anyone is in Christ, there is a new creation: everything old has passed away; look, new things have come into being! <sup>18</sup> All this is from God, who reconciled us to himself through Christ and has given us the ministry of reconciliation; <sup>19</sup> that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. <sup>20</sup> So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ: be reconciled to God. <sup>21</sup> For our sake God made the one who knew no sin to be sin, so that in him we might become the righteousness of God.

## **(26) Philippians 1:9-11 (First Nations Version)**

<sup>9</sup> When I send my voice to the Great Spirit, I pray that the love you have for each other will grow strong and remain steady in wisdom and understanding. <sup>10</sup> In this way, you will be able to make good choices that will lead to a pure heart and keep you from stumbling until the day of the Chosen One. <sup>11</sup> I pray that your lives will be filled with the good fruit of doing what is right, which comes from remaining true to Creator Sets Free (Jesus) the Chosen One. All of this will bring honor and praise to the Great Spirit.



## **(27) Colossians 1:15-20**

He is the image of the invisible God, the firstborn of all creation, <sup>16</sup>for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers—all things have been created through him and for him. <sup>17</sup>He himself is before all things, and in him all things hold together. <sup>18</sup>He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. <sup>19</sup>For in him all the fullness of God was pleased to dwell, <sup>20</sup>and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross.

## **(28) Colossians 1:21-22 (First Nations Version)**

At one time you were outsiders, separated from Creator by your hostile thoughts that led to evil ways. But now in the physical body of the Chosen One, through his death, he has turned you from an enemy into a friend. He did this so that you can stand without shame before the Great Spirit as a people who have been made holy, washed clean from guilt and free from all accusation.

### **(29) Hebrews 12:1-2**

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, <sup>2</sup>looking to Jesus, the pioneer and perfecter of faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

### **(30) Titus 3:5**

<sup>5</sup> he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit.

### **(31) Revelation 3:20**

<sup>20</sup> Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in and eat with you, and you with me.

