



DAVID KAUFFMAN



10-minute retreat

*Everyone has 10 minutes a day
to devote to prayer
and contemplation.
Everyone.*

Lectio Divina

Lectio Divina, Divine Reading, is a simple and powerful pathway to an encounter with the living God through reading, meditation, prayer, reflection and contemplation.

Lectio Divina is not about fact finding and word study. It's about sitting with a word or phrase striking enough to make us pause and wonder. It's not about choosing a word, but letting a word choose us.

Lectio Divina is an open-ended approach that surrenders our study of scripture, song, and story, and allows scripture, song, and story to study us, inform our lives, and lead us closer to God.

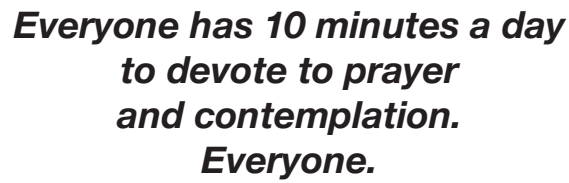
Lectio Divina embodies the principles we will use to allow a song to speak into our lives.

A Simple Approach

Find a quiet place and time
Open with prayer
Listen to a song
Note a word (or phrase) that speaks to you
Write about the word
Share your thoughts with a friend (now or later)
Listen to the song again
With your word...close in prayer

Sharing

Share this printable Ten-Minute Retreat with friends.
Use it in community.
Use it in solitude.



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