

# r e p l e n i s h

week of prayer

**Lectio Divina** is an ancient contemplative & prayerful way to read the Bible

*See Bible passages over the page you may like to utilise*

**PREPARE:**

- Sit comfortably
- Breathe slowly & deeply
- Ask God to speak to you through His Word

**1:**

First reading of the Bible passage: **LISTEN**

As you read the passage listen for a word or phrase that stands out  
Repeat the word or phrase in your mind

**2:**

Second reading of the Bible passage: **PONDER**

As you read the passage again ponder the context of the passage and why it is standing out for you today.  
Try summarise in a sentence what God is communicating to you.

**3:**

Third reading of the Bible passage: **PRAY**

As you read the passage again, let your heart embrace the call of God from the passage and His power to outwork it. This may again start in listening and conclude in speaking.

**Jeremiah 31:25, 33b (ESV)**

"For I will satisfy the weary soul, and every languishing soul I will replenish. I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people."

**Matthew 11:28-30 (Amplified Bible)**

"Come to Me, all who are weary and heavily burdened [by religious rituals that provide no peace], and I will give you rest [refreshing your souls with salvation]. Take My yoke upon you and learn from Me [following Me as My disciple], for I am gentle and humble in heart, and you will find rest (renewal, blessed quiet) for your souls. For My yoke is easy [to bear] and My burden is light."

**John 10:10 (NIV)**

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

**Jeremiah 17:7-8 (NIV)**

"Blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

**Philippians 4:4-8 (NIV)**

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."