

SOIL CARE

Lectio Divina

30 X 60 X 100

Lectio Divina | Mark 4:26–29

Adapted with permission from [Soul Shepherding](#).

Lectio Divina Process

Since the 6th Century when Benedict of Nursia developed Lectio Divina as a way of listening to God in a Bible text people have been using this discipline to help them open their hearts to Christ and one another. Lectio Divina can help us grow in our discipleship to Jesus Christ.

Hearing God's voice with confidence takes practice. A great way to learn is through Lectio Divina, a method of Scripture meditation developed by Benedict in the sixth century. Three times we read the Bible passage and then pray or journal quietly for a few minutes to help us listen to the Spirit. Each reading is guided by a focus question listed below. In a group context follow the leader's instructions to know when you can share your responses. Be sure to protect people's confidentiality.

Introduction to the Text

Jesus is going throughout Galilee announcing, "The time has come. The kingdom of God is near. Repent and believe the good news!" (Mark 1:15). Crowds of people are flocking around him to hear his stories and receive healing. Often he withdraws alone to pray. On this day at the Sea of Galilee he gets space to teach by using a boat as his pulpit. One of the stories he tells is about a farmer who discovers that essential farming work gets done while he sleeps. Going to sleep is an opportunity to let go of our work and trust God's action. When we do this we find that *our most important work happens while we sleep. There's growth in the seed He's placed within us.*

Mark 4 NIV

²⁶ He also said, "This is what the kingdom of God is like. A man scatters seed on the ground.²⁷ Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how. ²⁸ All by itself the soil produces grain—first the stalk, then the head, then the full kernel in the head.²⁹ As soon as the grain is ripe, he puts the sickle to it, because the harvest has come."

Go deeper into Lectio Divinas at
<https://www.soulshpherd.org/lectio-divina-guides/> and
<https://shop.soulshpherd.org/products/lectio-divina-guide>