

WRAP Yourself in Scripture

Journaling with *Lectio Divina*

4 Spiritual Benefits to Journaling

1. Journaling aides in the development and articulation of your relationship with God.
2. Journaling helps to uncover unknown thoughts, feelings, and desires of your inner self (e.g., I didn't know I felt like this or thought this way.)
3. Journaling provides perspective outside yourself-that is, God's perspective which includes liberation from racing thoughts that can occupy your mind.
4. Journaling provides an opportunity to look back on your journey with God and experience the blessings, the inner healing, and the answers to prayer all over again.

How to WRAP

First, pause and recollect yourself to God's presence. Become aware that God is right here, right now. Ask him for the light of His Holy Spirit to illuminate this time of Prayer.

Next, read the verse several times until a word, verse, or verses jump out to you or capture your attention. Then Begin:

W=Write: Write out the entire verse or verses that speak to you.

R=Reflect: Reflect on the principle or truth that the Scripture is teaching. Use your imaginative and analytical faculties. Write down your thoughts, feelings, and desires in relationship to the Scripture; and dialogue with Jesus.¹

A=Apply: Consider how Jesus is calling you to apply the truths from Scripture. Write down your response to the Scripture and how you can apply it beginning today.

P=Pray: Write a prayer related to the verses that offer praise and thanksgiving to God. Ask God to help you respond in faith to His Word.

At the end of your prayer, focus completely on Jesus. Rest in His Heart and presence. Receive His strength, His love, and His grace.

¹ All the above taken from *WRAP Yourself in Scripture* by Karen L. Dwyer, PhD/ Lawrence A. Dwyer, JD, The Institute For Priestly Formation.

Matthew 6:25-34

25 “Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And can any of you by worrying add a single hour to your span of life? 28 And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not clothed like one of these. 30 But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? 31 Therefore do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ 32 For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. 33 But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. 34 “So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

Write

Reflect

Apply

Pray

At the end of your prayer, focus completely on Jesus. Rest in His Heart and presence. Receive His strength, His love, and His grace.