

## Lectio Divina Bible Study for Leaders

As your group is forming, this Bible study in the style of Lectio Divina might be a useful tool. For individual or group use, it focuses on how light, peace and justice are central to the care of children.

**Scripture:** Matthew 5:14-16

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Sit for a few moments in quiet stillness. Focus on your breathing, taking slow, deep breaths. Try to turn your focus away from outside thoughts and simply focus on your breathing. Sit in quiet for as long as you would like.

When you are ready, read the following passage of scripture. As you read, allow the ear of your heart to listen for a word or phrase that resonates with you.

*You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lamp stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. —Matthew 5:14-16*

After you have completed the reading, allow that word or phrase to resound within you. If you are in a group, take turns sharing only that word or phrase.

Repeat the word or phrase you have chosen in prayerful silence.

After a short period of reflection, read the scripture a second time. This time, reflect on any thoughts or feelings that come up for you while reading the scripture again. What might God be asking you through the reading of this scripture?

After reading for a second time, take a few moments in silence to continue this personal reflection.

When you are ready, watch [this video](#) featuring a personal reflection from one of Episcopal Relief & Development's partners.

Consider how you and those in the group are inspired to come together and partner with the work of Episcopal Relief & Development's Early Childhood Development initiatives locally and through our [website](#).