

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 image, 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 simple 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 WRAP is an acronym and method for Lectio Divina from the book WRAP Yourself In Scripture © by Karen & Lawrence Dwyer published by The Institute for Priestly Formation (2011, 2018). The WRAP Method involves four steps: Write, Reflect, Apply, and Pray with Scripture.

Jesus Calls His Disciples

Luke 5:1-11



While the crowd was pressing in on Jesus and listening to the word of God, he was standing by the Lake of Gennesaret. He saw two boats there alongside the lake; the fishermen had disembarked and were washing their nets. Getting into one of the boats, the one belonging to Simon, he asked him to put out a short distance from the shore. Then he sat down and taught the crowds from the boat. After he had finished speaking, he said to Simon, "Put out into deep water and lower your nets for a catch." Simon said in reply, "Master, we have worked hard all night and have caught nothing, but at your command I will lower the nets." When they had done this, they caught a great number of fish and their nets were tearing. They signaled to their partners in the other boat to come to help them. They came and filled both boats so that they were in danger of sinking. When Simon Peter saw this, he fell at the knees of Jesus and said, "Depart from me, Lord, for I am a sinful man." For astonishment at the catch of fish they had made seized him and all those with him, and likewise James and John, the sons of Zebedee, who were partners of Simon. Jesus said to Simon, "Do not be afraid; from now on you will be catching men." When they brought their boats to the shore, they left everything and followed him.

Write

Reflect

Apply

Pray