**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]](#footnote-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.

**Insert Title Here**

(Insert Verse Numbers Here)

Insert reading here. The Gospel or psalm of the day or the Gospel or psalm of the coming Sunday is recommended. Also, limiting the passage to 5-7 verses is recommended.

**Write**

**Reflect**

**Apply**

**Pray**

1. 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. [↑](#footnote-ref-1)