



Meeting God in Scripture: A Hands-On Guide to Lectio Divina

Available October 2016

\$17, 256 pages, paperback

978-0-8308-4622-1

An Introduction to Lectio Divina from an Experienced Teacher

Jan Johnson, spiritual director, speaker, and the author of over twenty books, introduces the spiritual discipline of lectio divina in *Meeting God in Scripture*. Lectio divina, a Latin phrase for “divine reading” or “sacred reading,” is a traditional Benedictine practice of Scripture meditation that assumes that God invites people into interaction and conversation with him while reading Scripture.

Johnson writes, “I’ve been leading groups of people in meditating on Scripture for twenty years, helping them enter into the biblical text, notice what resonates with them, and then reflect on that. People tell me they get a sense of hearing God speak to them in the group setting, but they struggle to do the same type of study and meditation on their own. The historical and cultural background I provide helps them, and I help them picture details of the scene for narrative passages. People seem to focus better when I ask them questions to guide them through the process of meditation. This book does all those things, coming alongside to help people interact with the Holy Spirit as they meditate on Scripture passages.”

Meeting God in Scripture consists of forty meditation exercises organized by topic, including identity, fear, blessing others, healing life’s wounds, and knowing God more deeply. Each meditation can be used both individually and in group settings, and includes

- an introductory space of silence to relax and refocus, along with an optional preparatory question or exercise;
- the full text of a passage from Scripture with explanations of unusual or important words, and with cultural and historical background as needed;
- questions and cues to enter the text (and in narrative passages, prompts to vividly imagine the unfolding action);
- space to contemplate the passage and to respond to God in prayer;
- space to simply rest in what God has said; and
- an exercise to “try on” one of the main ideas of the passage in daily life.

Throughout the book, call-out boxes offer further information and guidance for how to meditate on Scripture.

Alan Fadling, president and founder of Unhurried Living and author of *An Unhurried Life* writes, “Jan serves us as a seasoned guide to the classic spiritual practice of lectio divina through these forty well-crafted and inviting meditations. More than an idea book, this is an experience book. I hope you’ll read it and grow in your enjoyment of God in Scripture.”

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Jan Johnson – Author, Speaker, and Spiritual Director

Jan Johnson is the author of over twenty books and more than a thousand magazine articles and Bible studies. A speaker, teacher, and spiritual director, she writes primarily about spiritual formation, social justice, and living with purposeful intentionality. Her books include *Abundant Simplicity*, *Hearing God Through the Year* (editor), *Enjoying the Presence of God*, and the Spiritual Disciplines Bible Study Series.

Johnson has written for publications including *Woman's Day*, *Parenting*, *Discipleship Journal*, *Focus on the Family*, the *Chicago Tribune*, and the *Los Angeles Times*. She authors a monthly newsletter titled WisBits, offering observations about what life is like when people connect with God.

In addition, Johnson is an active speaker, appearing at retreats, conferences, and churches, including the Renovaré Conference and the Apprentice Experience, an eighteen-month journey in discipleship that is part of the Apprentice Institute.

Johnson holds a DMin in Ignatian spirituality and spiritual direction from the Graduate Theological Foundation and is on the board of directors for Dallas Willard Ministries.

Through *Meeting God in Scripture*, Johnson hopes that people will “come to Scripture openly and attentively, giving God permission to say whatever readers need to know today; follow the Spirit in these things and allow readers to be surprised by the Spirit; and to find themselves having face-to-face encounters with Jesus (as well as other figures in history) as they are immersed in the cultural context of the Scripture passage.”

Jan Johnson, author of
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