Lectio Divina on Philippians 2:3-11

We can sometimes breeze over familiar passages of scripture. Below are the four steps of Lectio Divina, a way to reflect on a passage that will help you think deeply about Philippians 2:3-11. Carve out 15-20 minutes this week to sit quietly and go through this exercise. Take your time with each step.

Lectio (read)

Remove distractions and quiet your mind before God. Read Philippians 2:1-11 three times slowly. If you can, read it out loud. Let the message hit you. Then find one verse or phrase that stands out to you the most. Re-read it a couple more times and place emphasis on different words as you read.

Meditatio (meditate)

Think about the phrase or verse that stood out to you. What does it mean? What does it say about God? Humans? How does it contribute to what we’ve talked about in Philippians?

Oratio (pray)

Pray through your verse or phrase. Ask the Holy Spirit to show you what God’s saying through this verse. Turn the verse into a prayer. For example, if you chose verse 7, you could pray, “Teach me what it means to empty myself for Your purposes”.

Contemplatio (contemplate)

Now that you’ve read, thought, and prayed through the text, finish your time in silence. Ask God to speak to you and show you one practical thing you could apply to your life from this passage. Then listen. What might God have you do?

**3**Do nothing from selfish ambition or conceit,

but in humility regard others as better than yourselves.

**4**Let each of you look not to your own interests,

but to the interests of others.

**5**Let the same mind be in you that was in Christ Jesus,

**6**who, though he was in the form of God, did not

regard equality with God as something to be exploited,

**7**but emptied himself, taking the form of a slave,

being born in human likeness.

And being found in human form,

**8**he humbled himself and became obedient

to the point of death—even death on a cross.

**9**Therefore God also highly exalted him  
    and gave him the name  
    that is above every name,  
**10**so that at the name of Jesus  
    every knee should bend,  
    in heaven and on earth and under the earth,  
**11**and every tongue should confess  
    that Jesus Christ is Lord,  
    to the glory of God the Father.

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