

Lectio Divina (Divine Reading)

What?

Lectio Divina is very ancient art, practiced at one time by all Christians. A slow, contemplative praying of the Scriptures which enables the Bible, the Word of God, to become a means of union with God. This ancient practice has been kept alive in the Christian monastic tradition. Time set aside in a special way for lectio divina enables us to discover in our daily life an underlying spiritual rhythm. Within this rhythm we discover an increasing ability to offer more of ourselves and our relationships to God, and to accept the embrace that God is continuously extending to us in the person of Jesus Christ.

How?

1. Lectio- Reading. Pick out any piece of scripture that you have in mind or at random, and read it out loud. Read it several times over, varying your volume and speed. Concentrate on the words and what it is exactly saying.
2. The second step is meditation. Sit silently and think about the passage. Let the scripture enter the thoughts that are relevant in your head. Memorize it - and while gently repeating it to yourselves, allow it to interact with your thoughts, our hopes, our memories, our desires.
3. The third action is prayer. In this prayer we allow the word that we have taken in and on which we are pondering to touch and change our deepest selves.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes. Clear your mind completely. This is the time for the scripture to truly move you. Let God be the only presence in your mind and focus on him being everywhere and everything.

Tips:

Ty and I tried Lectio Divina a few weeks ago. It was an awesome experience. Its amazing how any piece of scripture can have real, meaningful applications to our lives. This is an activity that can be done individually or in a group. In a group this can be extremely powerful. It does not matter what verse or book you choose from, but how much you focus on it. Holla!

Origin:

A VERY ANCIENT art, practiced at one time by all Christians, is the technique known as *lectio divina* - a slow, contemplative praying of the Scriptures which enables the Bible, the Word of God, to become a means of union with God. This ancient practice has been kept alive in the Christian monastic tradition, and is one of the precious treasures of Benedictine monastics and oblates. Together with the Liturgy and daily manual labor, time set aside in a special way for *lectio divina* enables us to discover in our daily life an underlying spiritual rhythm. Within this rhythm we discover an increasing ability to offer more of ourselves and our relationships to the Father, and to accept the embrace that God is continuously extending to us in the person of his Son Jesus Christ.