

Lectio Divina--Session 1

Reading About Lectio

"The Deepening of an Interpersonal Relationship" (Ch. 3, **Too Deep for Words**, by Thelma Hall.)

Thelma Hall's emphasis on relationship in prayer is important. Without a relationship with God our prayer is hollow. But if we deepen our relationship with God, everything we do can be prayer. The following passages are taken from Chapter 3, pp. 29, 32.

It makes little difference what treasure we may have clung to, what seduction we may have succumbed to, what resistance we may have energized in ourselves, to block our total surrender to God. There remains within us a love that can be awakened by the sheer grace of his love's desire for us, *if we fully accept it*. Yet, as we all know, we find this incredibly difficult. Perhaps this is why the observation has been made that most of us seem to assume that union with God is attained by laboriously ascending a ladder of virtues, which finally fashion our holiness and make us fit for him. In truth, the reverse is far more accurate: the great saints and mystics have been those who fully accepted *God's love for them*. It is this which makes everything else possible. Our incredulity in the face of God's immense love, and also self-hate or an unyielding sense of guilt, can be formidable obstacles to God's love. . . . The late Protestant theologian, Paul Tillich, went so far as to say that the meaning of faith is "To accept the fact that I am accepted, in my total unacceptability."

Prayer is always gift. Lectio is an attempt not to fabricate it, but to enable us to respond to the gift from its first invitation, and to dispose ourselves for its development. We can bring no "timetable" of our own to the process. We will discover this in those times when all we can do is wait, while the Holy Spirit teaches us by the experience of our helplessness things more important than consolation or ecstasy. For the more prayer is received rather than made, the more genuine it will be.

If we have done our best in all simplicity to be present and open to the Spirit in the desire of faith and love, we must trust that God will draw good from all in his own way and time.

Lectio Divina Moments

Opening Prayer

Lord,

We believe that you wish to communicate with us through the words of sacred Scripture. Let our listening to and reading these words open us to ponder more deeply your message. May the message touch our hearts and lead us to respond.

This we ask in Jesus' name. Amen.

Scripture

Is: 43, 2 - 7 "Do not be afraid for I have redeemed you; I have called you by your name, you are mine."
(Read the entire passage.)

Moments in Lectio

Reading/ Listening to the word of God. Notice any word or phrase that catches your attention, that resonates within you.

Reflecting on the Word of God. Reading/Listening the second time, be aware of any thought or reflection on the word that seems to apply to your life, here and now.

Responding to the Word of God. Reading/Listening for the third time be aware of any prayer that rises up within you, expressing what you are experiencing.

Resting in the Word of God. Reading/Listening to the Word of God for the fourth time, just sit with the word and allow God to speak to you in the silence of your heart.

Take the word or phrase that you spent time with into your day. Let it remind you to consent to God's action and presence within you.

Commenting/Journaling

Jot down a few words capturing your experience. Note what phrase stood out for you. Why this particular phrase? What does it seem to mean to you today? Did this reading of Scripture seem different? If so, how?

Note

Lectio Divina is an organic, natural process. Let the spirit flow; put yourself in God's hands. Don't try to manipulate the process. If it seems awkward at first, keep on anyway. You and the Spirit will create your own rhythm as you continue in the practice.

Lectio Divina-- Session 2

http://www.saintandrew.org/v4/wp-content/uploads/2017/07/cp_lectio_s2.pdf

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