

Lectio Divina--Session 2

Cyprian's Story

A vignette demonstrating
the flow of Lectio

http://www.saintandrew.org/v4/wp-content/uploads/2017/10/cp_lectio_flow_cyprian.pdf



Reading About Lectio

Too Deep For Words. By Thelma Hall

Highlights of Chapter Four

Lectio: (reading) I prepare for this sacred reading by taking time to quiet my body and mind, in order to bring my whole person into a single focus. . . .This is already the beginning of my response to a person, who calls me to open my mind and heart to him. . . .In all, my goal is to personalize the words, to real-ize them as God speaking to *me, now*.

Meditatio: (meditating) Each person's prayer relationship with the Lord is unique. . . .In some the imaginative faculty is more developed and active, and for such people the use of imagery may be very helpful to bring their meditation alive. . . . In this approach one enters by means of imagination a Gospel scene, seeing and hearing the person, imagining the touch and smells of the environment, etc. I might identify myself with some person in the scene, or be present there as myself, watching, listening, experiencing what is going on. . . .What do I see? How shall I respond. . . .

One whose imagination is not so active or well developed but who is perhaps more intuitive might gain more by savoring the truth or insight inherent in the passage, deeply interiorizing what Jesus is saying by allowing his words to repeat themselves slowly again and again, in the depths of the heart, until it is deeply penetrated with Jesus' assuring love, and spontaneously responds in kind.

Oratio: (praying) This [moment] is the real beginning of prayer. . . .For the goal of prayer is not thoughts or concepts or knowledge *about* God, however sublime, but God himself as he *is*, mysteriously hidden in my deepest, true self. . . .[An] increase of "holy desire" is one of the effects of *Oratio*. By it God creates in us a greater capacity for himself, not only by our longing but sometimes through the very frustration and powerlessness we experience as we reach out blindly toward him. It is as though we are being drawn by a magnetic force in our own depths, toward God as our center of gravity, where that center coincides with our true self.

Contemplatio: (resting in God in silence) All that is asked of us is that we "stay quiet before Yahweh, wait longingly for him" (Ps 37:7a).

Opening Prayer

Lord, let me be open to your spirit in the words of scripture. Let me hear you as I listen. Let me rest in you as I respond. Let me carry your words into my day. Amen.

Scripture

Pray the moments of Lectio (given in Latin and English above) using the following scripture passage: Lk 9:46-50

After Lectio Divina:

You are encouraged to journal your thoughts, as a capturing of your meditation on the Scripture, or the prayer that you responded with, or even the whole session, what you felt and how it went.

Suggestion for taking the Word into your day: Write the word or phrase that caught you today on a post-it note, or on two or three. Place the note(s) on your bedroom/bath mirror, inside your wallet or purse and perhaps on your computer or dashboard. You will be reminded of the moments of resting in God and carry His love with you through your day.

Lectio Divina--Session 3

http://www.saintandrew.org/v4/wp-content/uploads/2017/07/cp_lectio_s3.pdf

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