

Lectio Divina--Session 4

Reading about Lectio

Why practice Lectio Divina? (also known as holy reading)

This way of "being " with the Scriptures, of taking a passage, perhaps only of a few lines or a few words, seems to many in our modern and post-modern culture (16th-21st centuries) to be a waste of time. The mind can range freely over paragraphs and pages at a short sitting. We turn to lengthy and learned commentaries to understand the meaning of the Scriptures, instead of spending time with the sacred Word of God itself. But what the ancients discovered was that the Scriptures often hide their message from the grasping mind, hungry for mere information, and only reveal it to the heart thirsting for meaning, salvation, and God's holy consolation. . . . The Scriptures, after all, come from the love of God and can only be understood by those who read them with faith and love.

*by the late Abbot, Francis Kline OCSO, in **Chapter & Verse**, the Mepkin Abbey newsletter, Spring and Summer 2006.*

Lectio, as I shall refer to it hereafter, is a holistic way of prayer which disposes, opens and "in-forms" us for the gift of contemplation God waits to give, by leading us to a meeting place with him in our deepest center, his life-giving dwelling place. It begins this movement by introducing us to the power of the word of God in scripture to speak to the most intimate depths of our hearts to gift and challenge and change us, and to promote genuine spiritual growth and maturity."

*by Thelma Hall in **Too Deep for Words**, p. 7.*

Opening Prayer: (Simple Prayer of Intention)

Let me be open to your Word, O God.

Scripture for Session 4

Isaiah 40: 1-5, 9-11

The Moments of Lectio Divina

Reading: Sows the Word in your heart

Reflecting: Waters the Word in your heart

Responding: Roots the Word in your heart

Resting : The Word flowers and bears fruit in your heart

*. from the Contemplative Life Program booklet, **Lectio Divina**, excerpted from Fr. Carl Arico in **Taste of Silence***

Taking the Word into your day

The fruit is that we become the word of God--

That perfect love of God, by which we were loved first,
will pass into our heart's disposition...

and then every love, every desire,
every effort,
every undertaking,
every thought of ours,
everything that we live,
that we speak,
that we breathe
will be God...
whatever we understand
will be God...

John Cassian (reprinted from the Contemplative Outreach Lectio Divina workshop slides)

Lectio Divina--Session 5

http://www.saintandrew.org/v4/wp-content/uploads/2017/07/cp_lectio_s5.pdf

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