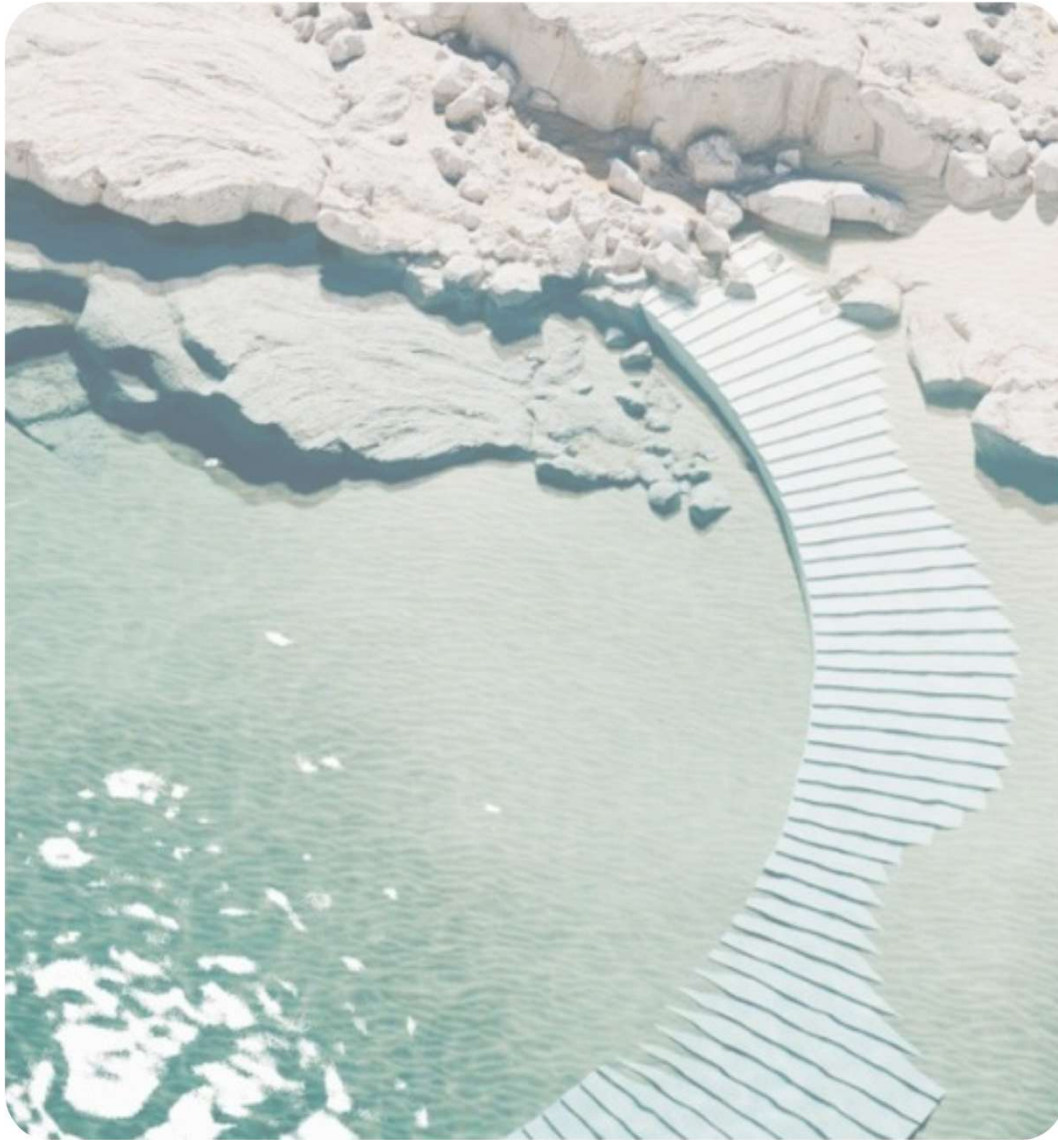


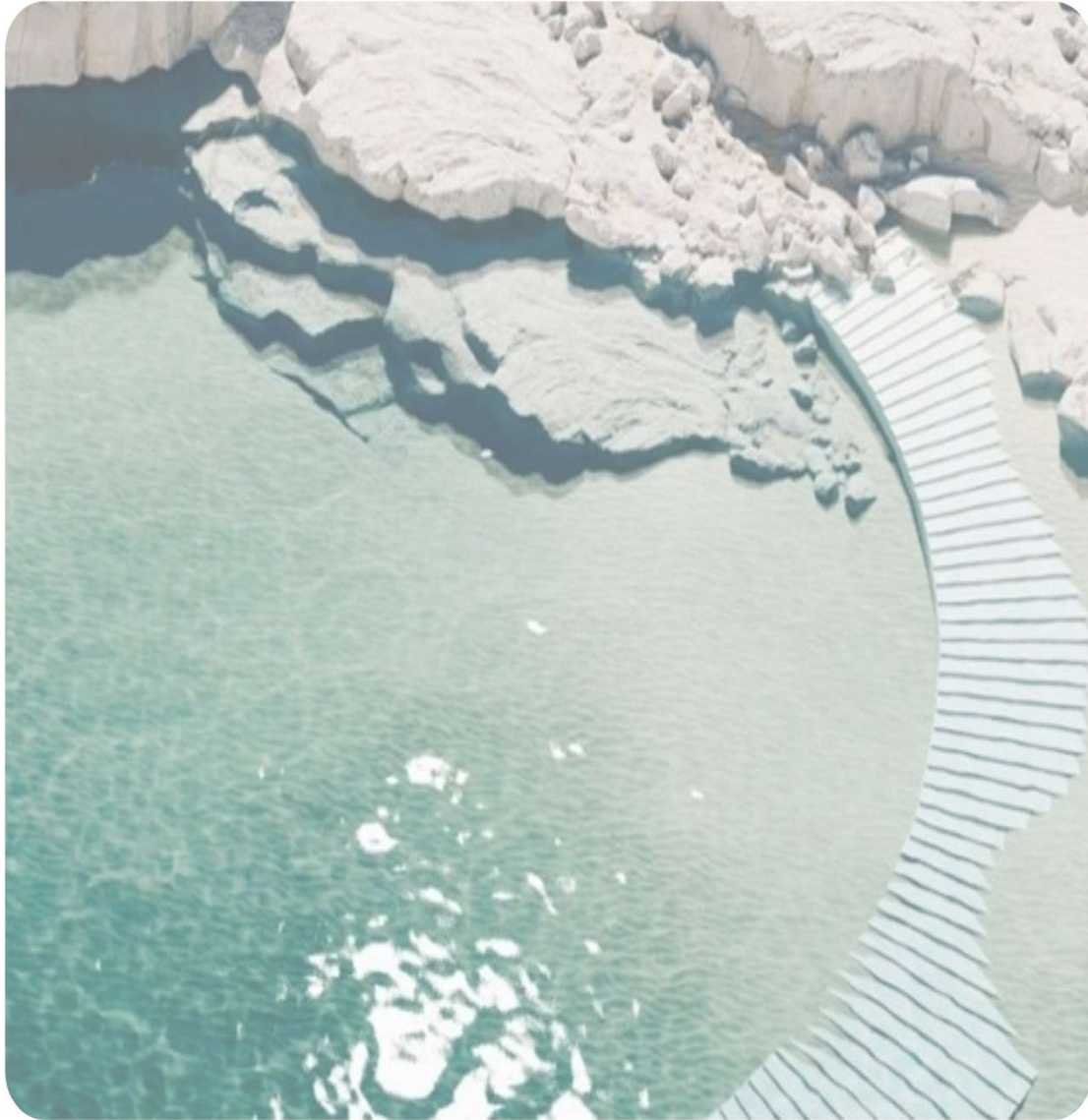


Praying with Sacred Texts: Lectio Divina



Historical Origins

- Roots in early Christian Monasticism
- The roots of meditating on God's word are found in Scripture
- Joshua 1:8 meditate on the book of the law day and night
- Early church figures Origin (3rd century)
- Augustine (4th century)
- Later monastic communities
- Benidict of Nursia (6th century)
- Guigo II (12th century)
- Formalised Lectio Divina
- Not just as acquiring biblical knowledge but as the primary avenue of communion with God



Evolution

- Refinement of Lectio Divina
- Integrated stages
- Four Traditional Movements
- Lectio
- Meditatio
- Oratio
- Contemplatio



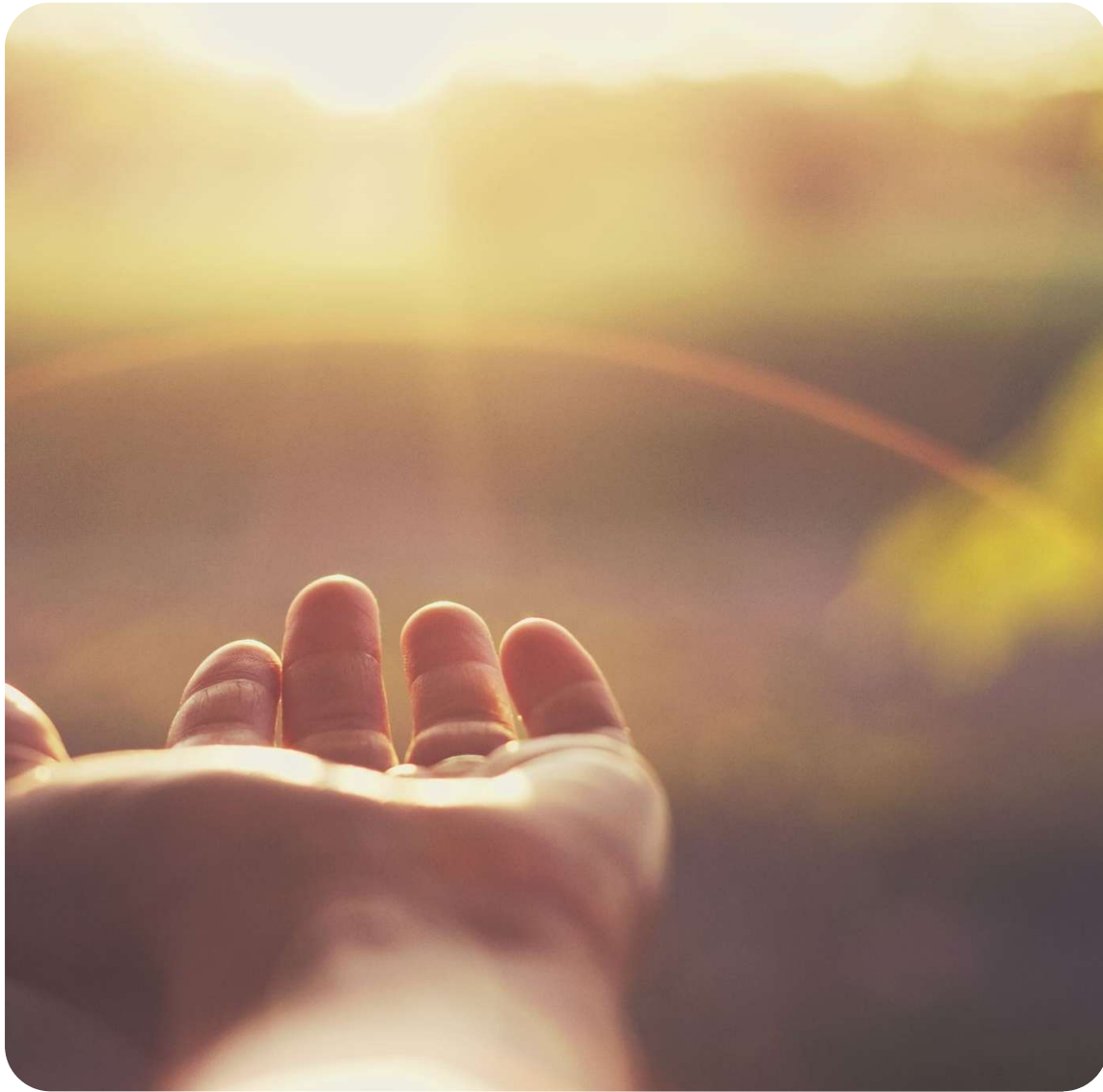
Lection (Reading)

- Begin by slowly reading a short passage of Scripture
- Pause where a word or phrase stands out
- Careful, attentive reading-engaging both mind and heart



Meditatio (Meditation)

- Reflect on that part of the text that resonated
- Consider what it reveals:
 - about the nature of God,
 - the human condition
 - or the call to discipleship
- What is God saying to me through the text
- This involves thinking deeply about the text, allowing it to speak to life situations and pondering its implications



Oratio (Prayer)

- Turn the reflection into personal prayer
- What do you want to say to God about the text?
- Respond to God with gratitude, confession, intercession
- Ask the Holy Spirit for clarity and wisdom
- Engage and dialogue with the Lord



Contemplatio (Contemplation)

- Rest in the presence of God
- Letting Scripture settle in your spirit
- This stage involves waiting quietly before surrendering to God and His guidance and abiding in his love
- Savour the truths revealed allowing them to shape your heart
- Do you feel called to some action?

Practical Guidance

- Begin with a prayer, ask the Holy Spirit for guidance
- Choose a Scripture passage (short)
- Consider a Liturgical Season
- Create a quiet conducive environment
 - Quiet atmosphere – a silent environment helps focus and deepens prayer
 - Comfortable seating, consider room temperature
 - Distraction-free zone –phones turned off





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Spiritual Benefits

