



Lectio Divina

AN INTRODUCTION TO MEDITATING ON SCRIPTURE

*"Stillness is to Bible reading what preparing the soil is to good farming."
- Joyce Huggett*

*"Just as you do not analyze the words of someone you love, but accept them as they are said to you, accept the Word of Scripture and ponder it in your heart, as Mary did. That is all.
That is meditation."
- Dietrich Bonhoeffer*

*"How sweet are your words to my taste, sweeter than honey to my mouth."
- Psalm 199:97, 103*

Lectio Divina, or "sacred reading," is a term coined by St. Benedict in his monastic rule from the 6th century. The goal is to read and meditate on Scripture in a way that moves us beyond information to transformation. It assumes that God wants to speak to us individually - in the here and now - through his written Word.

Lectio (reading): Read the passage of Scripture. Listen for a word or phrase that stands out to you, catching your attention above the others. Which words tug at you, inviting you to go deeper into the mystery of God?

Meditatio (pondering): Repeat your word or phrase, allowing your heart and mind to follow it. What images comes to mind? What thoughts or feelings? Perhaps a particular memory is stirred, an unresolved situation in need of Christ's touch comes to mind, or you see yourself in an imaginary scene such as a field or favorite church building. God has something to say to you.

Oratio (responding): In response, become aware of what you most desire to say to God. Wait for the words to arise from deep within. Whatever you desire to speak, allow your voice to be clear and use few words. In silence, speak your prayer to God.

Contemplatio (resting): Rest in the stillness, expressing gratitude to God with a simple, 'thank you.' If God has called you to a particular action, ask his blessing as you commit to this new direction.

- Adapted from *Creating A Life With God* by Daniel Wolpert