

Lectio Divina

Lectio Divina is a spiritual reading of the bible. It is to nourish our relationship with Jesus. The words of the Bible let the **Light of God** shine through and illuminate us.

When approaching the Bible- two levels are distinguished:

- 1) the level of understanding
- 2) the level of listening

Lectio is extremely important for spiritual life. Also, it is a path leading straight to conversion. It accomplishes a daily miracle, the sole miracle Christ wishes to accomplish in us.

1) Morning Solitude- begin the process of lectio in a quiet place of solitude
Mt 6:6 “But you, when you pray, go into your room, close your door, and pray to your Father who is there in secret.”

- 2) Re-reading- begin by invoke the Holy Spirit, “Come, Holy Spirit, illuminate me, help me to understand the Word today.” **Read through the text.**

After re-reading- ask the Lord to tell you what He wants, “Speak, Lord, your servant is listening.”

This is your first request and the most important one, because the entire evolution process of lectio depends on it.

Do you recall the story of the blind man? His entire being was calling out to Jesus to be healed.

Luke 18:35-43 (KJV)

And it came to pass, that as Jesus was coming unto Jericho, a certain blind man sat by the way side begging:

And hearing the multitude pass by, he asked what it meant.

And they told him, that Jesus of Nazareth was passing by.

And he cried, saying, “ Jesus, thou son of David, have mercy on me.”

And they which went before rebuked him, that he should hold his peace: but he cried so much the more, “Thou son of David, have mercy on me.”

And Jesus stood, and commanded him to be brought unto him: and when he was come near, he asked him,

Saying, "What wilt thou that I shall do unto thee?" And he said" Lord, that I may receive my sight."

And Jesus said unto him, "Receive thy sight: thy faith hath saved thee."

And immediately he received his sight, and followed him, glorifying God: and all the people, when they saw it, gave praise unto God.

Like the blind man with his profound faith, your request needs to come from your entire being, as if it is a matter of life and death, your desire to be healed, your desire to see, to see something more today.

Mt 11:28 "Come to Me, all *you* who labor and are heavy laden, and I will give you rest. **He, God** cares for all our worries.

Two requests: 1) "Lord tell me what you want of me?"

2) "Lord give me your Holy Spirit in order to realize what you are asking of me."

With the second request, the Lord gives us His strength to act and help us fulfill what he has asked. God's response is of **Grace**.

With the help of the Holy Spirit, we receive **The Light** and we are assisted to put into practice **His Word**.

It is with great satisfaction to discover that we have been able with the help of God to achieve a "**spiritual step**."

It purifies our hearts.

Keep a written account of lectio, write down the **Word**.

Deep silent prayer opens up the way for God, it opens the door to the divine beam of contemplation.

Practise Lectio for 15 minutes daily, maximum 60 minutes.

Revised from **Lectio Divina** Spiritual Reading of the Bible -by Jean Khoury

LECTIO DIVINA

1. reading
2. meditation
3. prayer
4. contemplation
5. As a result of the encounter with God in Scripture, we are called to action.

Each of these steps is a process by which we encounter God in his sacred word and respond to his grace.

Reading

In the first phase of *lectio divina* we understand what the passage we are reading says in itself. This is the literal meaning of the Scripture passage and the lessons everyone should recognize in reading it. We do not let our opinions influence our reading, but seek to understand the message of the passage as interpreted by the Church independently of anyone's opinions. This phase is summarized with the question: ***What does the text say that everyone should understand?***

Meditation

In the meditation phase of *lectio divina*, we ask, ***what does this text say to me, today, and to my life?*** We allow God to pull up certain memories of people, places, and events in our lives that relate to the passage we are reading. Meditation gives us the opportunity to see ourselves in the text. We can consider our own feelings as if we were a participant in the text or try to understand what it would be like to be one of the people represented in the text. In this way we come to a deeper appreciation of how God is working in our lives through the sacred word. Having entered into the story ourselves, we can return to the present and consider the areas in our own lives that God is calling us to contemplate.

Prayer

Through our meditation on Scripture, we experience an intimate encounter with God leading us to respond in prayer. We speak to Him in our own words. It is a conversation of thanks, of praise, of requesting our petitions. We might also ask for the intercession of Mary or the saints represented in the passage we read. At this time we can ask ourselves: ***What can I say to the Lord in response to his word?***

Contemplation

A true encounter with the Lord always leads to transformation. Revelation 21:5 the Lord God proclaimed, “Behold, I make all things new.” Through contemplation we come to an understanding of the parts of our lives that need to be transformed by God’s grace. We humble ourselves and open our lives up to his transformative power. This step comes with the willingness to change, an openness and trust in God, and the decision to follow God’s will rather than our own. With this decision comes a fear of losing what we find comfortable and safe. At the same time we feel the excitement of a call to heroic adventure and a hopeful future of living the life we are meant to live. At this step, we ask ourselves: *What conversion of the mind, heart, and life is the Lord asking of me?*

Action

Finally, although this phase is often not considered to be a part of *lectio divina* proper, it is an essential result of the encounter with God in Sacred Scripture. Having received God’s love and grace, we go forth to serve others out of the love we have been given. Our transformation calls us to **witness to others**; it calls us to selflessly **serve our brothers and sisters in Christ**. These acts are done out of the inspiration we receive from the acceptance in faith of God’s love.

Revised from **The Basic Steps of Lectio Divina** by Jared Dees

In conclusion, let us pray:

“Answer the prayer of your People, Lord, in your kindness:

give to each person the clear vision of what she must do

and the strength to do it.” Amen