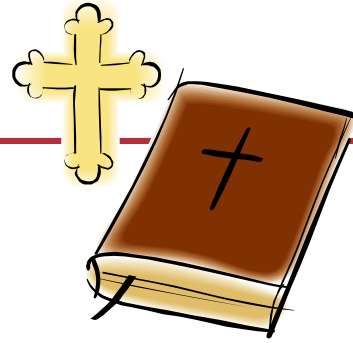


Lectio Divina



What is *Lectio Divina*

The name *Lectio Divina* is best translated as 'sacred reading, reading as a sacred exercise, one that draws us closer to God. It is a reading, not only of the Bible, but of experience and we find our life-experiences in the Bible, each helping us to understand the other.

Through *Lectio Divina*, the Bible becomes a living book and the events of life become words of God.

Method

There are three steps: reading, meditation and prayer.

1. We familiarise ourselves with the text. We start with a slow, reverential **reading** of the text.. We read it aloud a number of times and remain open to being touched by any part of it. We focus on the text before us. We remain at the level of feeling, true to the text and to life experience. We say aloud any word or words that struck us.
2. We move to **meditation** and keep our imaginations, and especially our memories active. We enter the passage, we 'recognise' it. We ponder the point of the reading and apply it to real life.
3. We move to **prayer** and this takes three forms: thanksgiving, humility and petition, not necessarily in that order. Through our prayer of thanksgiving we show that we are thanking God that he has done 'a new thing' in our lives, that Jesus is alive among us. If we find ourselves not thanking it means we have not 'recognised' the passage and we must go back and complete the meditation.
4. We move from praying in our own words to praying in the words of the passage.
5. We move towards communion with other people.