



# Lectio Divina

A dynamic way of praying with the scriptures during

## Thy Kingdom Come

The National and International  
Wave of Prayer  
Ascension to Pentecost

## LECTIO DIVINA

Lectio Divina is a way of praying with the scriptures that dates back to the early Benedictine monastic tradition. It is based on the belief that Christ is truly present in Scripture and that the reading of Scripture allows God to speak to us. Through it we are invited to ponder God's word and to consider what God might be saying to us, enabling us to find a connection between scripture and our everyday lives.

Whether Lectio Divina is practised individually, or in a group, it is a way of praying that starts with our silence. We often make the mistake of thinking prayer is about what we say to God. It is actually the other way round. God wants to speak to us. He will do this through the Scriptures. So don't worry about what to say. God is patient. He will wait for the opportunity to get in. He will give you a word and lead you to understand its meaning for you today.

There are four parts to Lectio Divina:

- ❖ Reading and listening
- ❖ Meditating
- ❖ Praying
- ❖ Contemplating

### POSSIBLE READINGS FOR LECTIO DIVINA DURING THY KINGDOM COME

**Psalm 67**

**Luke 11.9-13**

**John 7: 14-18, 37-39**

**Ezekiel 36: 24-28**

**Ephesians 3: 14b-21**

## PRACTISING LECTIO DIVINA INDIVIDUALLY

- ❖ *Make sure you are sitting comfortably.*
- ❖ *Breathe slowly and deeply.*
- ❖ *Ask God to speak to you through the passage that you are about to read.*

### ❖ FIRST READING OF THE PASSAGE: LISTEN

As you read the passage listen for a word or phrase that attracts you. Allow it to arise from the passage as if it is God's word for you today. Sit in silence repeating the word or phrase in your head. Then say the word or phrase aloud.

### ❖ SECOND READING OF THE PASSAGE: MEDITATE

As you read the passage again ask how this word or phrase speaks to your life and why it has connected with you. Ponder it carefully. Don't worry if you get distracted - it may be part of your response to offer it to God. Sit in silence and then frame a single sentence that begins to say aloud what this word or phrase says to you.

### ❖ THIRD READING OF THE PASSAGE: PRAY

As you read the passage for the last time ask what Christ is calling from you. What is it that you need to do or consider or relinquish or take on as a result of what God is saying to you in this word or phrase? In the silence that follows the reading pray for the grace of the Spirit to plant this word in your heart.

### ❖ FOURTH READING OF THE PASSAGE: CONTEMPLATE

Read the passage again, and contemplate all that God has said to you through it. End with the same silence before God with which you began

*Drawn from 'Reflections for Daily Prayer, Advent 2012 to Eve of Advent 2013' by Rt Rev Stephen Cottrell, Bishop of Chelmsford.*