

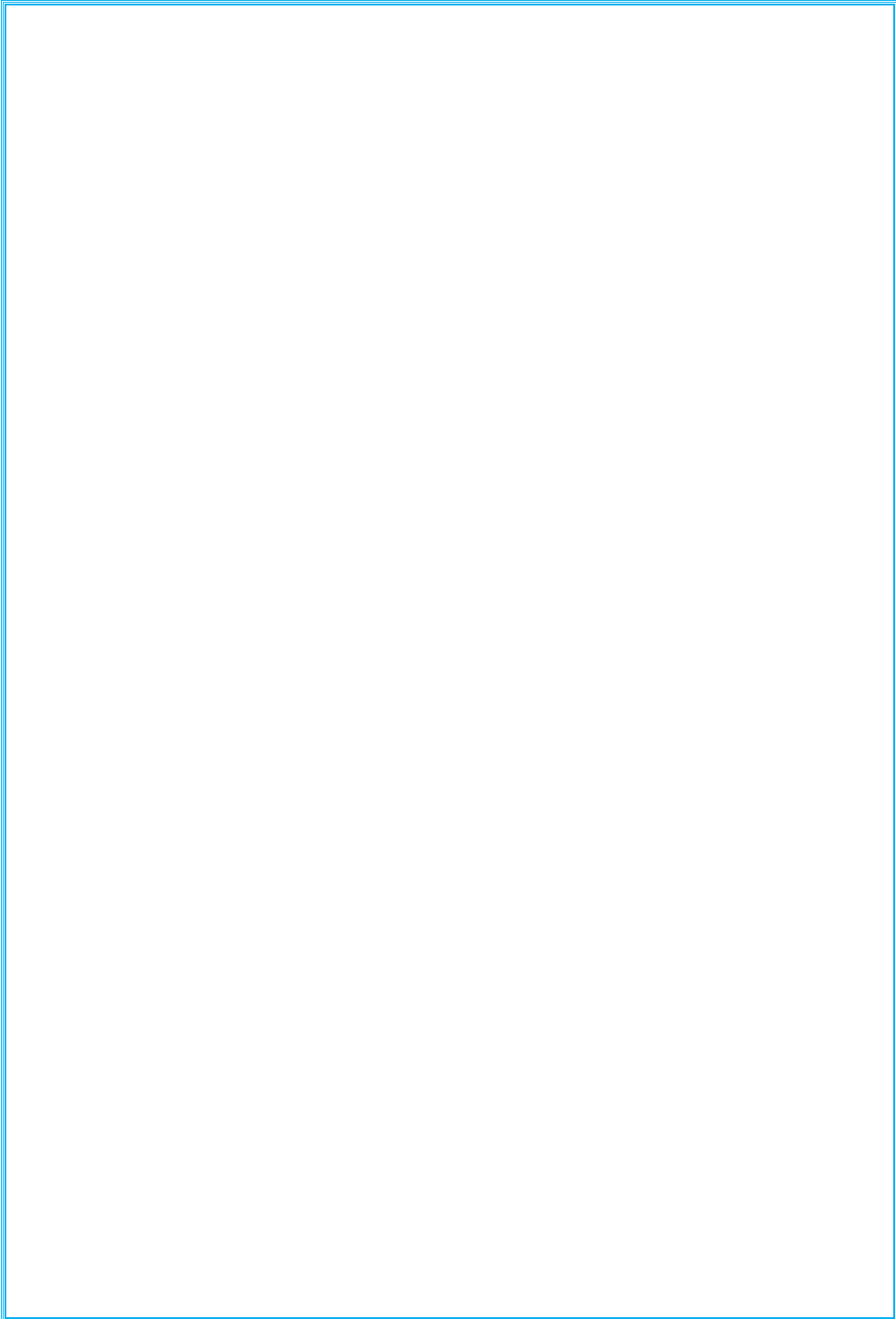


Lectio Divina

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, are available at the back of this booklet)

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 The Most Reverend Stephen Cottrell, Archbishop of York, the then Bishop of Chelmsford.

Psalm 67

God be gracious to us and bless us
and make his face to shine upon us,
That your way may be known upon earth,
your saving power among all nations.
Let the peoples praise you, O God;
let all the peoples praise you.
O let the nations rejoice and be glad,
for you will judge the peoples righteously
and govern the nations upon earth.
Let the peoples praise you, O God;
let all the peoples praise you.
Then shall the earth bring forth her increase,
and God, our own God, will bless us.
God will bless us,
and all the ends of the earth shall fear him.

Luke 11.9-13

Jesus said, 'Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.

Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!'

Ezekiel 36:24-26,28b

I will take you from the nations,
and gather you from all the countries.
I will sprinkle clean water upon you,
and you shall be clean from all your uncleannesses.
A new heart I will give you,
and put a new spirit within you,
And I will remove from your body the heart of stone
and give you a heart of flesh.
You shall be my people,
and I will be your God.

John 7:14-18, 37-39a

About the middle of the festival [of Booths] Jesus went up into the temple and began to teach. The Jews were astonished at it, saying, ‘How does this man have such learning, when he has never been taught?’ Then Jesus answered them, ‘My teaching is not mine but his who sent me. Anyone who resolves to do the will of God will know whether the teaching is from God or whether I am speaking on my own. Those who speak on their own seek their own glory; but the one who seeks the glory of him who sent him is true, and there is nothing false in him.’”

On the last day of the festival, the great day, while Jesus was standing there, he cried out, ‘Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, “Out of the believer’s heart shall flow rivers of living water.”’ Now he said this about the Spirit, which believers in him were to receive

Ephesians 3.14b-21

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

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