






Lectio Divina

"People in the Middle Ages used a surprising but suggestive metaphor - chewing the Word. One cannot help thinking of some sleepy cows settles down in the shade of a tree somewhere peacefully and incessantly chewing the cud...It speaks of tranquillity, of being totally engrossed, of patiently digesting things."




Andre Louf, Teach us to Pray

Lectio Divina is an ancient approach to reading the word of God - Holy Reading - which encourages reading, meditation, prayer and contemplation. Some simple guidance is given below.




Beginning

-  Choose a scripture passage
-  Find a comfortable position in which to sit
-  Spend a few minutes settling down
-  Ask God to be open to Him and what He wants to give you today
-  As you invite the Holy Spirit to pray in you afresh, allow your breathing to slow down and become deeper


Reading

-  Begin to read the passage you have chosen very slowly, savouring each word.
-  You may find it helpful to read out aloud.
-  Read with an open mind.


Meditating

-  When a particular phrase or word resonates with you, lights up or jumps out at you, don't read on. Take this word or phrase and chew on it, meditate on it.
-  Repeat the phrase again and again- not in a mechanistic way but in a gentle and open way responding to it intuitively.
-  After a while you will want to move on to responding and talking to God. You may find that by this stage the phrase you started with has been shortened to one word.


Prayer

-  Share with God your responses to the word or phrase you have been meditating on. You may want to ask him questions.

Contemplating

-  At some point you may want to move into wordless silence as you experience the gifts and grace God has given you, as you experience being drawn to and being in Christ.

Ending

-  After a period of time you may find your mind wandering to other things, or find distractions entering your mind. Close your time of prayer with thanks, or with the Lord's Prayer.