

Lectio Divina

I hope that you might find exploring Lectio Divina a life giving experience.....There is an excellent app for your phone, computer or tablet called Lectio 365, if you are able to download it, then it will help you to experience Lectio Divina while another leads you....I recommend it as useful tool, to help us engage in prayer, each day.



Lectio Divina, is a dynamic way of reading and reflecting on scripture, it has been around for hundreds of years and essentially there are four main parts.

1. Reading
2. Reflecting
3. Prayer
4. Contemplation

Lectio invites you to read carefully, taking note of the context and culture of that passage, we need to do this quietly, slowly and intently. It gives you space to respond to what you feel God is saying and helps you build a vital bridge between your encounters with God and everyday life, with its joys, routines and challenges.

So, before you begin each time, pray that the Holy Spirit will lead you into all the truth within the passage.

1. Stage 1: Reading: Read carefully, underling in pencil any parts that stand out to you. Write down any questions that occur to you. Read the passage, several times, giving yourself space to understand.
2. Stage 2: Reflecting: Reflect on what you have read, put yourself in the scene, or see things through the lens of the characters you have read about. Listen to what they say, keep coming back to Jesus, get to know his words and how he reacts. Ask questions and let the word be a mirror for you.
3. Stage 3: Prayer: When you are ready move on to pray, be honest, be real with God.....listen and respond, bring before God what is happening in your own life and that of your community, especially at this time. Once you have spoken your prayer.....listen, listen and reflect on what you sense God may be saying to you.
4. Stage 4: Contemplation: This final stage of contemplation... gives us the opportunity to be quiet and in communion with God. Few words are necessary here, enjoy being focussed on God and accept his presence and his peace with you. After you have finished, it may be helpful to jot down or journal any experiences or thoughts that have risen to the surface for you....it will be good in a few weeks to look back and see how this way of encountering God has helped you.

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