

Spiritual Practice:: Lectio Divina (Spiritual Reading)

Lectio Divina is reflective and prayerful reading. It is not concerned about the number of words read, but about making the words a part of one's inner being. Be alert during your reading to what God is saying to you through the words of the material you have chosen. Think about the words; ponder the meaning of the sentences; let the words take you to the corners of your soul. It requires unhurried time and an open heart...many kinds of literature can be read in this manner if we are willing to hear what God may be saying to us - select a Bible portion, a hymn, a book, even a newspaper and see where God takes you.

This can be done alone or with others. One suggested approach starts with selecting a short passage to read aloud slowly four times:

After the first reading the persons are invited (not required) to say aloud the one word from the passage that especially spoke to them, that seemed meant for them.

After the second reading the persons are invited (not required) to say aloud the phrase from the passage that especially spoke to them, that seemed meant for them -- it may or may not be the phrase that included 'their' word from the first reading.

After the third reading the persons are invited (not required) to say aloud a sentence prayer drawn from their heart by the reading.

After the fourth (final) reading - simply sit in silence with all that has come from the spiritual reading.