

Lectio Divina

(Divine Reading)

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Lectio Divina was training in Paul's admonition to "Let the Word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms, hymns and spiritual songs, singing with thankfulness in your heart to God" (Col. 3:16) which was coupled with Paul's command to "be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord, always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father" [Eph. 5:18-20].

John 15:5 I am the vine, you are the branches; he who abides in Me, and I in him, he bears much fruit; for apart from Me you can do nothing.

Philippians 3:9 " . . . and may be found in Him, not having a righteousness of my own derived from Law, but that which is through faith in Christ, the righteousness which {comes} from God on the basis of faith . . ."

1. *Lectio* (Reading)

Read a brief text over and over again until you hear it with the "inner ear."

2. *Meditatio* (Meditation)

Allow the text to "roll around" in the mind; let the text go from your mind into your heart; use imagination and put yourself in the text; be open to feeling the meaning of the text to let the "Word abide or richly dwell in you" (Col. 3:16).

3. *Oratio* (Speaking)

Be open to the Spirit's moving within and speak freely to God what is prompted, not forced by the self alone. Emphasis is upon listening and openness to what God is doing internally with His Word and to respond or let this flow out of you.

4. *Contemplatio* (Contemplation)

Merely sit open to the presence of the Spirit. (This may be peaceful, it may be agitating, boring etc. The Indwelling Spirit is there in your deep; be open to what He is trying to show you about Himself or yourself).

Note: As with all exercises or disciplines (mental, bodily or spiritual), we experience them where we are. For some they will be joy, for others agony or boredom. In any case, they build spiritual muscles. If we never run, we should not expect to go out and run a 4 minute mile. Be open to where you are with the Spirit. Be open to what He gives.