

WHAT IS LECTIO DIVINA?

Prayerful reading
of scripture



LECTIO DIVINA



- Devotion to the word of God
- Form, nurture, weave, knead
- Conversing with God
- Pray to the Holy Spirit
- Opening our hearts to God
- St Augustine said “When you pray you speak to god, when you read scripture, god speaks to you.”
- St Theresa said “You should never enter the chapel without a holy book like scripture.”

4 STEPS TO LECTIO DIVINA

1) LECTIO

- read

2) MEDITATIO or RUMINATIO

- Meditate or Ruminant (to chew)

3) ORATIO

- Speak/ Pray

4) CONTEMPLATIO

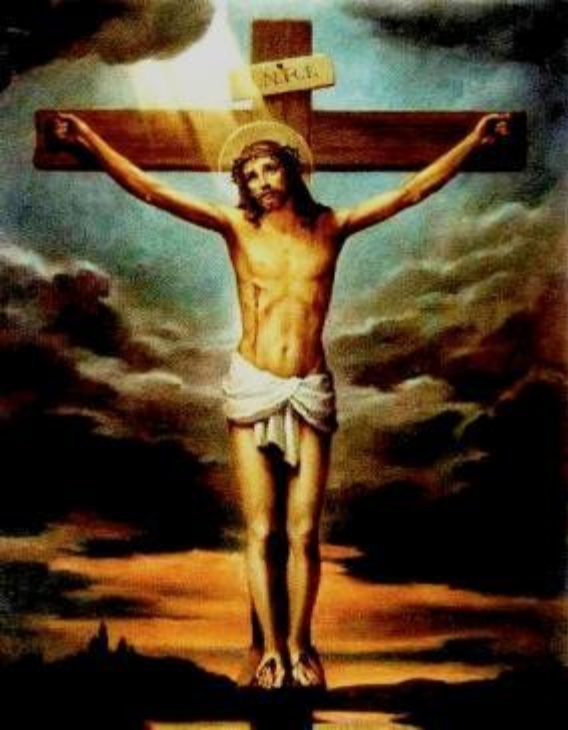
- Contemplate

- Higher state of being with God

- Tasting the sweetness of prayer

- Looking at God face-to-face

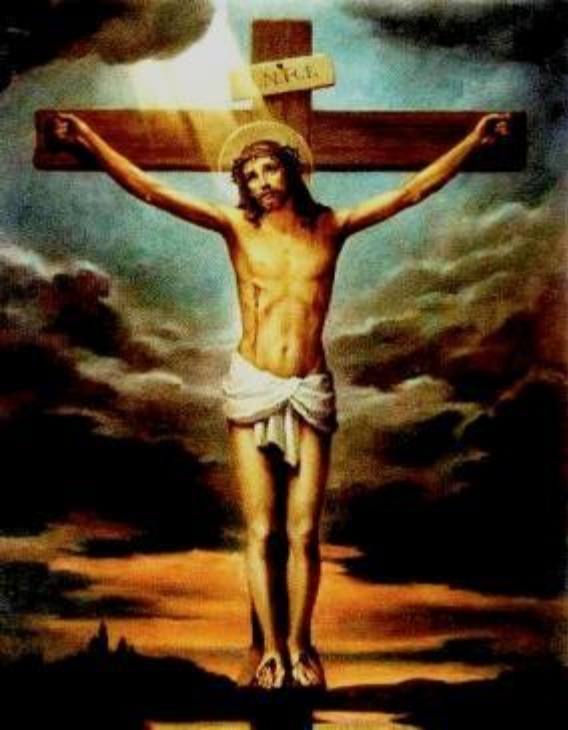




THE TRUE RIGHTEOUSNESS (PHILIPPIANS 3)

- 1) In conclusion, my friends be joyful in your union with the Lord. I don't mind repeating what I have written before, and you will be safer if I do so.
- 2) Watch out for those who do evil things, those dogs, those who insist on cutting the body.
- 3) It is we, not they, who have received the true circumcision, for we worship God by means of his Spirit and rejoice in our life in union with Christ Jesus. We do not put any trust in external ceremonies.

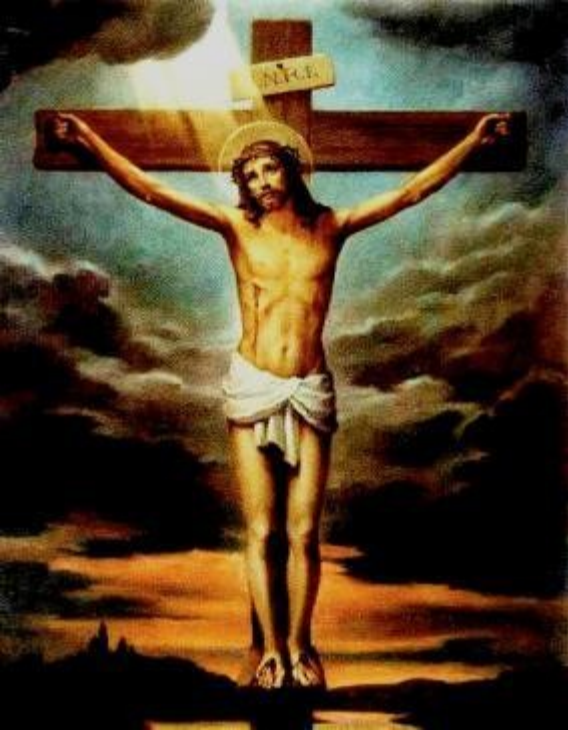




THE TRUE RIGHTEOUSNESS (PHILIPPIANS 3)

- 4) I could, of course, put my trust in such things. If any of you think you can trust in external ceremonies, I have even more reason to feel that way.
- 5) I was circumcised when I was a week old. I am an Israelite by birth, of the tribe of Benjamin, a pure-blooded Hebrew. As far as keeping the Jewish Law is concerned, I was a Pharisee,
- 6) And I was so zealous that I persecuted the church. As far as a person can be righteous by obeying the commands of the Law, I was without fault.

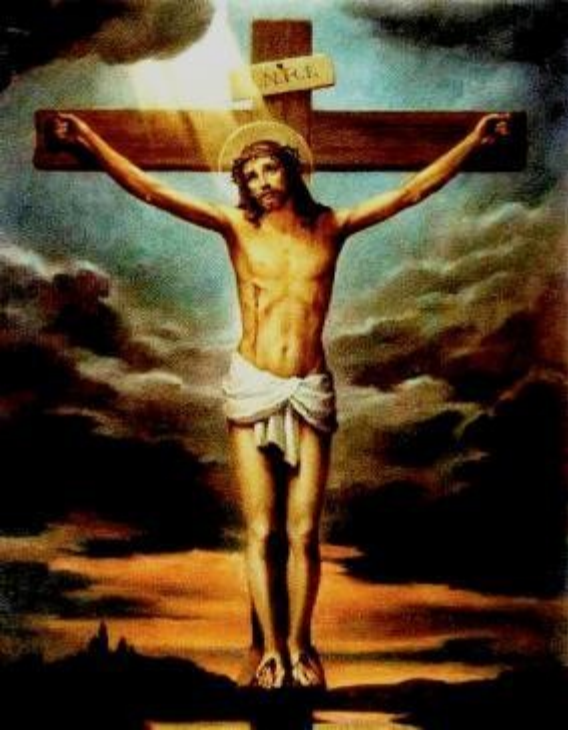




THE TRUE RIGHTEOUSNESS (PHILIPPIANS 3)

- 7) But all those things that I might count as profit I now reckon as loss for Christ's sake.
- 8) Not only those things; I reckon everything as complete loss for the sake of what is so much more valuable, the knowledge of Christ Jesus my Lord. For his sake, I have thrown everything away: I consider it all as mere garbage, so that I may gain Christ





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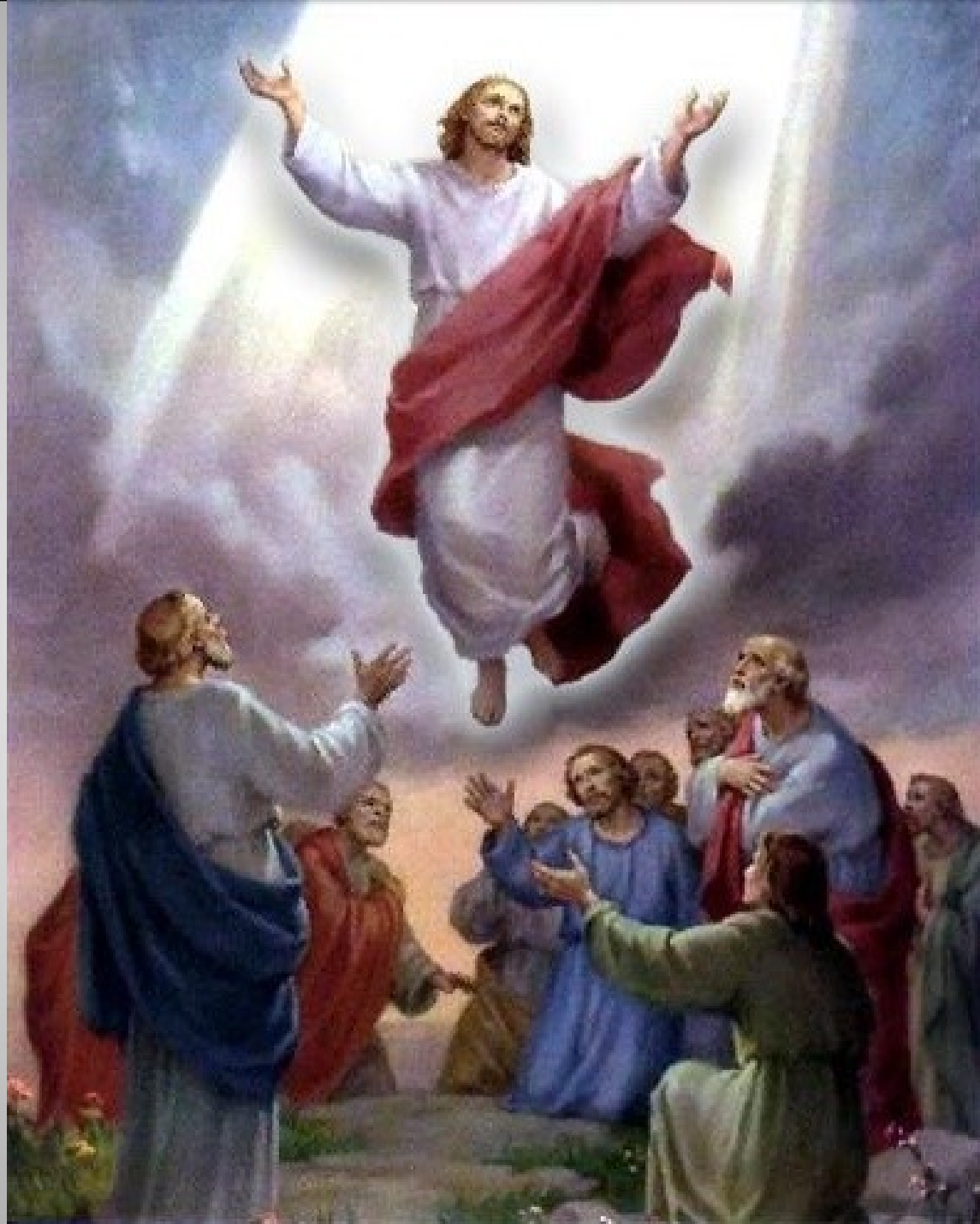
- 9) And be completely united with him. I no longer have a righteousness of my own, the kind is gained by obeying the Law. I now have the righteousness that is given through faith in Christ, the righteousness that comes from God and is based on faith.



THE TRUE RIGHTEOUSNESS (PHILIPPIANS 3)

- 10) All I want is to know Christ and to experience the power of his resurrection, to share in his sufferings and become like him in his death,
- 11) In the hope that I myself will be raised from death to life.







6 STEPS TO MEDITATING THE WORD BY FATHER AMBROSE VAZ

- 1) Read with your head, then your heart
- 2) What is it saying to me?
- 3) React
- 4) Recognise the reaction
- 5) Response
- 6) Resolution