

## LECTIO DIVINA

Choose a text of the Scriptures that you wish to pray. If you are using lectio divina every day, have a preset pattern of readings, e.g. slowly work through a particular book of the Bible. It makes no difference which text is chosen, as long as one has no set goal of "covering" a certain amount of text. The amount of text covered is in God's hands, not yours.

## SILENCIO

Place yourself in a [comfortable](#) position and allow yourself to become silent. Some Christians focus for a few moments on their breathing; others have a beloved "[prayer word](#)" or "prayer phrase" they gently recite. For some, the practice known as "[centering prayer](#)" makes a good, brief introduction to lectio divina. Use whatever method is best for you and allow yourself to enjoy silence for a few moments.

## LECTIO

Turn to the text and read it slowly, gently. Savour each portion of the reading, constantly listening for the "still, small voice" of a word or phrase that somehow says, "I am for you today." Do not expect lightning or ecstasies. In lectio divina, God is teaching us to listen to him, to seek him in silence. He does not reach out and grab us; rather, he gently invites us ever more deeply into his presence.

## MEDITATIO

Take the word or phrase into yourself. Memorise it and slowly repeat it to yourself, allowing it to interact with your inner world of concerns, memories, and ideas. Do not be afraid of distractions. Memories or thoughts are simply parts of yourself that, when they rise up during lectio divina, are asking to be given to God along with the rest of your inner self. Allow this inner pondering, this rumination, to invite you into dialogue with God.

## ORATIO

Speak to God. Whether you use words, ideas, or images--or all three--is not important. Interact with God as you would with one who you know loves and accepts you. And give to him what you have discovered during your experience of [meditation](#). Experience God by using the word or phrase he has given you as a means of blessing and of transforming the ideas and memories that your reflection on his word has awakened. Give to God what you have found within your heart.

## CONTEMPLATIO

Rest in God's embrace. Rejoice in the knowledge that God is with you.

Sometimes in lectio divina, you may return several times to the printed text, either to savour the literary context of the word or phrase that God has given or to seek a new word or phrase to ponder. At other times, only a single word or phrase will fill the whole time set aside for lectio divina. It is not necessary to assess anxiously the quality of your lectio divina, as if you were "performing" or seeking some goal. Lectio divina has no goal other than that of being in the presence of God by praying the Scriptures.

<http://www.wordlive.org/Session/Lectio> has readings and guidance for each day

### **PASSAGE FOR LECTIO DIVINA HOLY MONDAY: John 12:1-11**

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him.

Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, "Why was this perfume not sold for three hundred denarii and the money given to the poor?" (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.)

Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me."

When the great crowd of the Jews learned that he was there, they came not only because of Jesus but also to see Lazarus, whom he had raised from the dead. So the chief priests planned to put Lazarus to death as well, since it was on account of him that many of the Jews were deserting and were believing in Jesus.

### **PASSAGE FOR LECTIO DIVINA HOLY TUESDAY: John 12:20-36**

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus.

Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.

Those who love their life lose it, and those who hate their life in this world will keep it for eternal life.

Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

"Now my soul is troubled. And what should I say--' Father, save me from this hour'? No, it is for this reason that I have come to this hour. Father, glorify your name."

Then a voice came from heaven, "I have glorified it, and I will glorify it again."

The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him."

Jesus answered, "This voice has come for your sake, not for mine.

Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die.

The crowd answered him, "We have heard from the law that the Messiah remains forever. How can you say that the Son of Man must be lifted up? Who is this Son of Man?"

Jesus said to them, "The light is with you for a little longer. Walk while you have the light, so that the darkness may not overtake you. If you walk in the darkness, you do not know where you are going. While you have the light, believe in the light, so that you may become children of light." After Jesus had said this, he departed and hid from them.