

Introducing *Lectio Divina*

- Approaching *lectio divina*
- Example of spiritual reading
- What is *lectio divina*?
- Perspectives on *lectio divina*

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Approaching *Lectio Divina*

- From “quiet time” to *lectio*.
 - What were you taught about the devotional life as a young Christian?
 - My own journey.
- How familiar are you with *lectio divina*?

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Example of Spiritual Reading

- See James B. Smith’s “The Jogging Monk and the Exegesis of the Heart.”
 - What happened to the author? What was his problem, and what did he do about it?
 - What changed in his approach to Scripture?
 - Is his new approach legitimate? Why or why not?
 - How do you react to this article?

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What is *Lectio Divina*?

- *Lectio divina* – particular approach to spiritual reading.
 - “Holy reading” or “sacred reading” of Scriptures or (sometimes) church fathers.
 - Practice of reading developed and practiced in Benedictine monasteries.

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What is *Lectio Divina*?

- *Lectio divina* has four movements:
 - *Lectio* - “I read” - Read small portion of Scripture slowly and thoughtfully.
 - *Meditatio* - “I meditate” - Reflect on the passage from all angles, dwelling on it.
 - *Oratio* - “I pray” - Take any thoughts and feelings from your meditation to God in prayer.
 - *Contemplatio* - “I contemplate” - Be still before God and listen for anything he may say to you.

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What is *Lectio Divina*?

- Called “sacred reading” because...
 - Sacred Scriptures were read.
 - Read in a prayerful and meditative way.
 - Purpose was spiritual growth/transformation.
- Casey advises reading whole books.

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Perspectives on *Lectio Divina*

- Moves us through phases of discipleship:
 - Following the commands of Christ.
 - Imitating the example of Christ.
 - Taking on the character of Christ.
 - Participating in the life of Christ, so that he lives through us.
- See handout on perspectives on *lectio divina*.

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