Lectio Divina

The Art of Praying Scripture
Rev. Elaine A. Heath
The Spring and the Stream

- Definitions:
  - meditation
  - contemplation

- Transformation, not information

- Deselfing, intimacy with God
But what about exegesis?!  
• A necessary foundation. BUT, only God is the “ground of all being” (e.g. “bottom line”).
• A safeguard against crazy stuff.
• A trap for left-brained folk.
• Ecclesiastes 3:1.
The Goal: Contemplation in Action
An Ancient Practice Reborn

- Jesus
- Monasticism
- Luther, Wesley, et al
- HCM
- Postmodern Hermeneutics
Four Aspects
(the methodless method)

- Lectio
- Meditatio
- Oratio
- Contemplatio
Oratio
Contemplatio
Getting Started...

Read Ruth 2:1-18 using the “methodless method” of lectio divina. Do not hurry. When you begin to receive insight during your meditation, feel free to jot down whatever surfaces. You will not be asked to share this with anyone.

In the chapel service the message is a result of your instructor’s reading of this text using lectio divina.
The Goal:
Greater Love of God & Neighbor