

Lectio Divina: Divine Reading for Difficult Times

Reading 9

As we navigate difficult and challenging times, and we are unable to attend Church services, we offer some divine reading passages and guidance for following an ancient approach to contemplating passages from Scripture. Below, we will offer a text for you to follow this week.

We follow guidance from a wonderful little book entitled *Too Deep for Words: Rediscovering Lectio Divina*, by Thelma Hall.

This exercise can be carried out alone, or with others.

There are four steps to the *Lectio Divina* exercise:

1: *Lectio* – Reading and listening to the Word of God.

2: *Meditatio* – Reflecting on the word.

3: *Oratio* – The Word touches the heart.

4: *Contemplatio* – Entering the Silence “Too Deep for Words.”

Thelma Hall writes, “I prepare for this sacred reading by taking time to quiet my body and mind.” Take time to find a comfortable and favoured place to sit. Perhaps go through a few minutes of being conscious of your breathing.

Next, read the scripture passage with your full attention. This is step 1: *Lectio* – Reading and listening to the Word of God. Just read and re-read enough to take it all in.

Now, it’s time for *Meditatio* – Reflecting on the word. Perhaps think of fully seeing and understanding the passage for the very first time; even if you have read the passage before. You may find that a specific word or phrase seems to stand out from the rest of the passage. Take time to wonder why.

Thirdly, turn to *Oratio* – The Word touches the heart. Let the words tell you why you must listen to these words at this specific time. This is a ‘settling down’ moment where you can take as much time as you need to fully *be* with the words. You may wish to ask yourself, “Why is God focussing me on these specific words?”

Finally, turn to *Contemplatio* – Entering the Silence “Too Deep for Words.” Think of this as new beginning rather than the end of the process. Take time to imagine hearing these words for the very first time in terms of the depth of their guidance to you. God is taking over. Sit still. Do nothing for a little while.

With all this in mind, here are a couple of passages for you to take on in your *Lectio Divina* exercise this week:

"Am I only a God nearby," declares the LORD, "and not a God far away?"²⁴ Can anyone hide in secret places so that I cannot see him?" declares the LORD. "Do not I fill heaven and earth?" declares the LORD. (Jer 23:23 NIV)

For the foolishness of God is wiser than man's wisdom, and the weakness of God is stronger than man's strength.²⁶ Brothers, think of what you were when you were called. Not many of you were wise by human standards; not many were influential; not many were of noble birth.²⁷ But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong.²⁸ He chose the lowly things of this world and the despised things--and the things that are not--to nullify the things that are,²⁹ so that no one may boast before him.³⁰ It is because of him that you are in Christ Jesus, who has become for us wisdom from God--that is, our righteousness, holiness and redemption.³¹ Therefore, as it is written: "Let him who boasts boast in the Lord." (1Co 1:25 NIV)

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