

## ***Lectio Divina: Divine Reading for Difficult Times***

### **Reading 16**

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:

We know that we have passed from death to life, because we love our brothers. Anyone who does not love remains in death. <sup>15</sup> Anyone who hates his brother is a murderer, and you know that no murderer has eternal life in him. <sup>16</sup> This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. <sup>17</sup> If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? <sup>18</sup> Dear children, let us not love with words or tongue but with actions and in truth. <sup>19</sup> This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence (1Jo 3:14 NIV)

Bless those who persecute you; bless and do not curse. <sup>15</sup> Rejoice with those who rejoice; mourn with those who mourn. <sup>16</sup> Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. <sup>17</sup> Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. <sup>18</sup> If it is possible, as far as it depends on you, live at peace with everyone. <sup>19</sup> Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. <sup>20</sup> On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." <sup>21</sup> Do not be overcome by evil, but overcome evil with good. (Rom 12:14 NIV)

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