

Lectio Divina: Divine Reading for Difficult Times

Reading 6

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:

Psalm 146:1 Praise the LORD. Praise the LORD, O my soul. ² I will praise the LORD all my life; I will sing praise to my God as long as I live. ³ Do not put your trust in princes, in mortal men, who cannot save. ⁴ When their spirit departs, they return to the ground; on that very day their plans come to nothing. ⁵ Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God, ⁶ the Maker of heaven and earth, the sea, and everything in them-- the LORD, who remains faithful forever. ⁷ He upholds the cause of the oppressed and gives food to the hungry. The LORD sets prisoners free, ⁸ the LORD gives sight to the blind, the LORD lifts up those who are bowed down, the LORD loves the righteous. ⁹ The LORD watches over the alien and sustains the fatherless and the widow, but he frustrates the ways of the wicked. ¹⁰ The LORD reigns forever, your God, O Zion, for all generations. Praise the LORD. (Psa 146:1 NIV)

John 8:31 To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. ³² Then you will know the truth, and the truth will set you free." ³³ They answered him, "We are Abraham's descendants and have never been slaves of anyone. How can you say that we shall be set free?" ³⁴ Jesus replied, "I tell you the truth, everyone who sins is a slave to sin. ³⁵ Now a slave has no permanent place in the family, but a son belongs to it forever. ³⁶ So if the Son sets you free, you will be free indeed. (Joh 8:31 NIV)

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