

# LIVINGTHEWORD

## LECTIO DIVINA (SPIRITUAL READING)

**there is a long spiritual tradition and practice of reading scripture slowly and listening to what word or phrase seems to 'speak' to you.... this is understood as God speaking personally within you by the power of the spirit**

A principle beneath the practice of 'lectio divina' is that one idea can change your life. It is not about volume or how much you read, but letting a word or phrase 'speak' to you. We become spiritually sensitive to a word or idea touching us inwardly, revealing something to us, about us, within us.

- Select the text (this could be a passage of scripture or a spiritual book or reading). In the Catholic tradition we have readings for each day of the year. [visit [www.usccb.org/nab](http://www.usccb.org/nab)]
- Call upon the Holy Spirit to be with you during your time of reading
- Read the passage through once
- Read the passage slowly for a second time taking note of anything that strikes you, a particular word or phrase or feeling associated with a word or phrase
- What is the text saying to you? What stands out for you?
- Return to a word or phrase that speaks to you and sit quietly with it for several minutes
- Read the passage again. The word or phrase that speaks louder may stay the same, or it may change this time. Either way, God is leading you to the words you need to hear. Again, listen to whatever thoughts or feelings are experienced.
- Allow the word to speak to you, allow God to speak to you through the word or phrase
- Take note of what God's message is for you. Begin a conversation with God about it.
- Be generous in allowing silence, sitting waiting for God to speak. We trust in God to give us a word rather than generate it by our own efforts.
- You can end this time of spiritual reading by summing up in a prayer of thanks for what you have heard from God. Try and ponder how you might livetheword and message you have heard from God.

## GETTING STARTED

- Don't be tempted to read too much. Spiritual reading is most of all slow reading and then listening.
- It is different from 'reading' a book. It is different from trying to read large amounts of scripture.
- Be comfortable sitting with one event of Jesus meeting with someone or one idea in a spiritual book.
- Sit and ponder and chew over one thing. One thing in depth and in slow motion.
- having heard a word from God, the invitation is to 'respond'. Use your imagination to imagine livingtheword...