

Lectio Divina: (Divine/ Sacred Reading)

The Practice: Lectio Divina is a contemplative way of reading Sacred Scripture that has been part of the Christian tradition since the 3rd century. We may find it helpful to think of it as involving three “moments” or stages: readings, meditating and praying.

Reading: This first moment consists in our reading a short Scripture passage slowly, attentively repeatedly. We may wish to choose the Gospel reading for the coming Sunday and read it from the previous Monday all through the week. We let ourselves enjoy the story and even grow to love the story and the very words in which it is told. When a word or phrase catches our attention, we may jot it down or simply stay with it for a while to savour its message, allowing its fullness to penetrate our being.

Meditation: Reading lead us naturally to the second moment: meditation. Having settled on one section, [phrase or even a single word, we let its meaning unfold in our hearts. Our mediation can take place as we sit in quiet prayer or as we perform the simple activities of our day. During our meditation we find ourselves focussing on the present: what does this text have to say about what is happening in my life or in the world around me now? Something in the text may jog a memory or an experience from our own lives. Or we may find that, when we return to our daily activities, some event or situation will unexpectedly bring us back to the text. In either case, the Holy Spirit may be trying to open up a dialogue with us. \

Prayer: Prayer, the third moment also occurs naturally. This is not an intellectual exercise, but a dialogue with God, We respond authentically and spontaneously – as we would in a conversation with a close friend.

Our prayer can take four different forms:

- Thanks giving: When the text reminds is of some blessing and good things we have known, we pause and thank God.
- Repentance: When we become aware of wrong we have done or good we have failed to do, we humbly ask forgiveness
- Petition: When the text reminds us of our own needs, or those of others, we ask God for guidance and assistance.
- Contemplation: By grace, we may be led to a deeper moment of prayer in which we are no longer thanking or repenting or asking, but simply joyfully resting in God’s presence, trustfully leaving ourselves in God’s hands. This is called contemplative prayer.

¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you. ¹

⁴ Rejoice in the Lord always; again I will say, Rejoice. ⁵ Let your gentleness be known to everyone. The Lord is near. ⁶ Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.²

Jesus Visits Martha and Mary

³⁸ Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. ³⁹ She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. ⁴⁰ But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." ⁴¹ But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; ⁴² there is need of only one thing. Mary has chosen the better part, which will not be taken away from her."³

"If you don't get what you want, want what you get"

¹ [*The Holy Bible: New Revised Standard Version, Catholic Edition*](#). (1993). (1 Th 5:15–18). Washington, DC: National Council of Churches of Christ.

² [*The Holy Bible: New Revised Standard Version, Catholic Edition*](#). (1993). (Php 4:4–7). Washington, DC: National Council of Churches of Christ.

³ [*The Holy Bible: New Revised Standard Version, Catholic Edition*](#). (1993). (Lk 10:38–42). Washington, DC: National Council of Churches of Christ.