

Lectio Divina (5th c AD) “Divine Reading”

Silence: This is our preparation for spiritual reading. Take time to engage in an internal shift in posture from information reading to formation reading. Commit yourself to God’s purposes even before you know what those purposes may be. Come to the text “with a single eye to know the will of God, and a fixed resolution to do it.” (John Wesley)

Read: Read the text (aloud if possible). Read expectantly, hungry to hear what God has to say and willing to respond in loving obedience to whatever you receive. It is like taking food into our mouths, receiving the nourishment our lives need from God.

Meditate: If reading is viewed as receiving food, meditation is the process of “chewing it.” We seek understanding and comprehension of the text. We may need to study it, looking up unfamiliar words, researching background information. However we never lose sight of the fact that we are seeking to hear what God is saying to us.

Pray: At this point we enter into a personal dialogue with God, responding to God on the basis of what we have read and encountered in the text. We share with God the feelings and thoughts the text has aroused in us. We pour out our hearts to God with openness and honesty, especially in relation to how the text would reshape our being and doing.

Contemplate: Take a posture of yieldedness to God. Wait on God for whatever he wants to do in you, with you, through you. Be still and content to rest in God’s arms and receive whatever he desires to say to you or to give to you.

Obey: Your whole purpose has been to allow God to transform your being and doing in the world. Again, Wesley puts it well: “Whatever light you then receive should be used to the uttermost, and that immediately. Let there be no delay. Whatever you resolve, begin to execute the first moment you can.”

(Adapted from Robert Mulholland, *Invitation to a Journey*)