

**As *Lectio Divina* is a way of praying we begin in prayer:**

God our Father, source of all light  
 you have sent your Son into the world,  
 to reveal yourself to all your children.  
 Send your Spirit upon us now  
 that we may meet Jesus in the Word that comes from you.  
 May we come to know him,  
 may we come to love him more deeply  
 and so be drawn closer to the happiness of your Kingdom.  
 Amen.

Jesus was praying in a certain place, and when he ceased, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.” And he said to them, “When you pray, say:

“Father, hallowed be your name.  
 Your kingdom come.  
 Give us each day our daily bread;  
 and forgive us our sins, for we ourselves forgive everyone in debt to us;  
 and do not subject us to the final test.”

And he said to them, *“Which of you who has a friend will go to him at midnight and say to him, ‘Friend, lend me three loaves; for a friend of mine has arrived on a journey, and I have nothing to set before him’; and he will answer from within, ‘Do not bother me; the door is already shut, and my children are with me in bed; I cannot get up and give you anything’?*

I tell you, though he will not get up and give him anything because he is his friend, yet because of his persistence he will rise and give him whatever he needs.

And I tell you, ask, and it will be given you; seek, and you will find; knock, and it will be opened to you.  
 For everyone who asks receives, and whoever seeks finds, and to the one who knocks it will be opened.

*What father among you, if his child asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion?*

If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”

**A.1 We attend to the text. We attend to this word of our risen Lord.**

**A.2 We wait. We wait until we CONNECT with a phrase or a person in the story.**

**A.3 We share—without comment—a word or phrase that has touched us.**

**B.1 We ask, “What is happening in this story?”**

**B.2 We ask ourselves, ‘Where does this happen?’ ‘When have I seen this story unfold?’**

**B.3 We ask, “Who is Jesus for us?” “Who permits the work of God to happen?” “Where is the good news in this story?”**

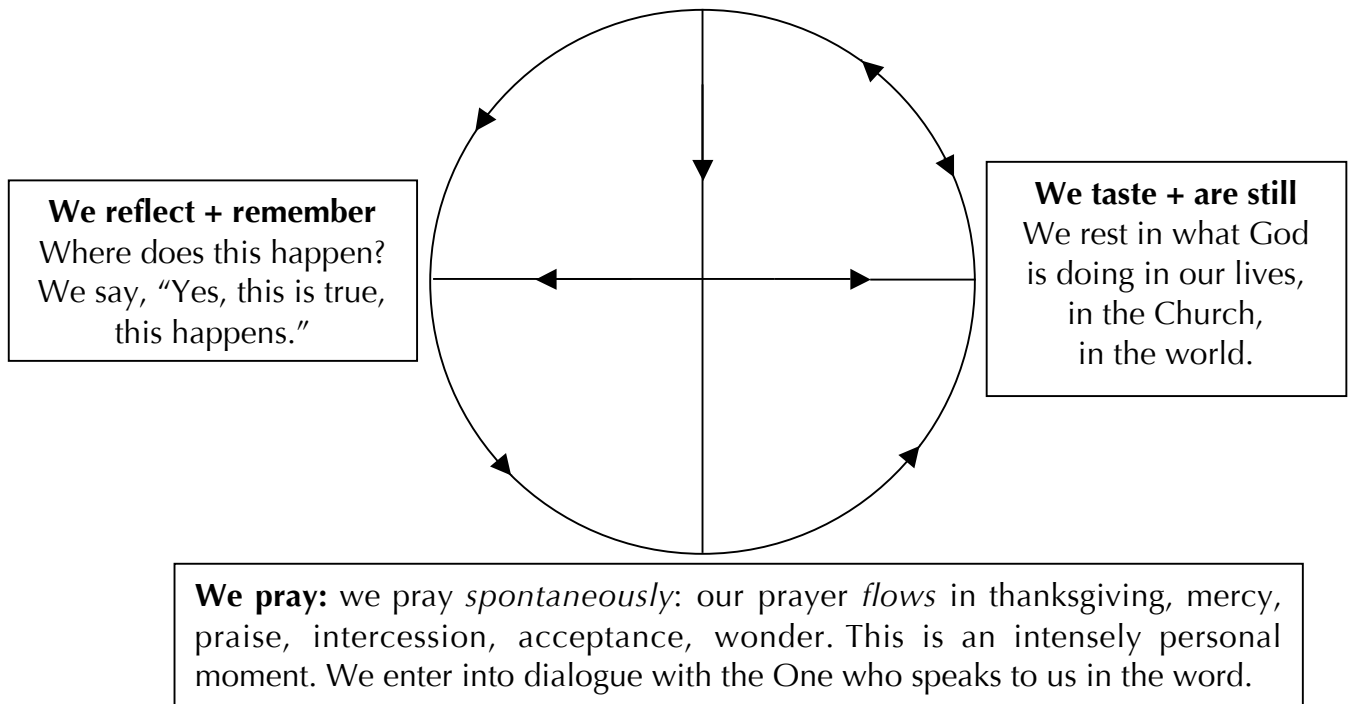
**C.1 We wait and we respond to the Lord who gives us HIMSELF in his word. We respond to the one who shows us the truth of our lives.**

**D.1 We rest in the word we’ve heard in our lives. We permit God’s work continue in us.**

## “Bread for our Lives” ~ The Way of Lectio Divina

- 1 The Gospel is Good News, not good advice! (N.T. Wright) Turning it to good advice imprisons its life & makes it oppressive. The fruitful question: where is the good news?
- 2 Praying the Gospels well requires balance. Every Gospel passage has many dimensions; *Lectio* is a way to hold them together in a fruitful relationship:

**We read:** we attend to the text, we are present to the text.



- 3 “‘Lectio divina’ ... consists of meditating fully on a biblical text, reading and rereading it, “ruminating it”..., and squeezing all its “juice” so that it nourishes meditation and contemplation and, like sap, is able to irrigate concrete life. (Benedict XVI ~ Nov. 6, 2005)
- 4 When we pray the Gospels, it is a *person* we meet, not an idea that we discover!
- 5 Hearing the voice of the Lord can only be done looking back over our lives. Like St Peter, we learn to remember and recognize.
- 6 “Put out into the deep” (Luke 5:4): Jesus calls us courageously to explore the depths of life. We read beneath the surface of the passage, of the world, of ourselves.
- 7 “*Lectio divina* is not only a means of discovering something about God; it also helps us to understand our hidden selves. It is not the alienating absorption of a message that is foreign or even hostile to our deepest aspirations; it is the surprising conclusion that our most authentic level of being is mirrored in the Scriptures.” (Michael Casey OCSO)
- 8 *Sursum Corda* “Lift up your hearts!” Every Gospel is a story of HOPE. Therefore the fruitful, life-giving question is, “Where is the hope in this story?”
- 9 We wait for God’s word within the word. This cannot be rushed. We are humble before the word. ‘Those who come to plunder do not receive gifts!’ Forcing a ‘message’ or pushing a meaning, we risk blocking the deeper treasures the Lord is offering us.
- 10 “Only they receive who are recollected; only in silence is heard the beating of God’s heart.” (Bernardo Olivera OCSO)