

LECTIO DIVINA
“Sacred Reading”

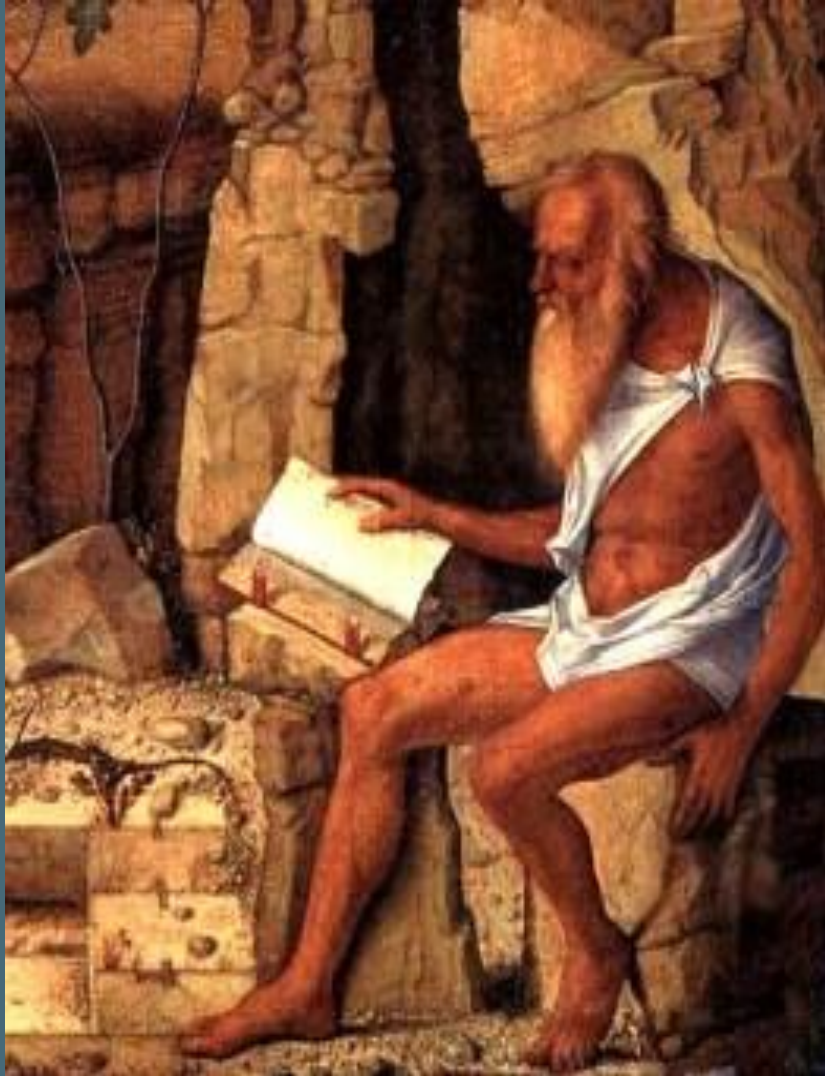


WHAT IS LECTIO DIVINA?



“Lectio divina: the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart.”
USCCB

"If it is effectively promoted, this practice will bring to the Church—I am convinced of it—a new spiritual springtime.” Dei Verbum 25



*“He has shown you, O mortal, what is good.
And what does the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God”*

Micah 6:8

THE RULE OF ST.
BENEDICT



**THE LADDER OF MONKS:
A LETTER ON THE
CONTEMPLATIVE LIFE
AND TWELVE
MEDITATIONS**

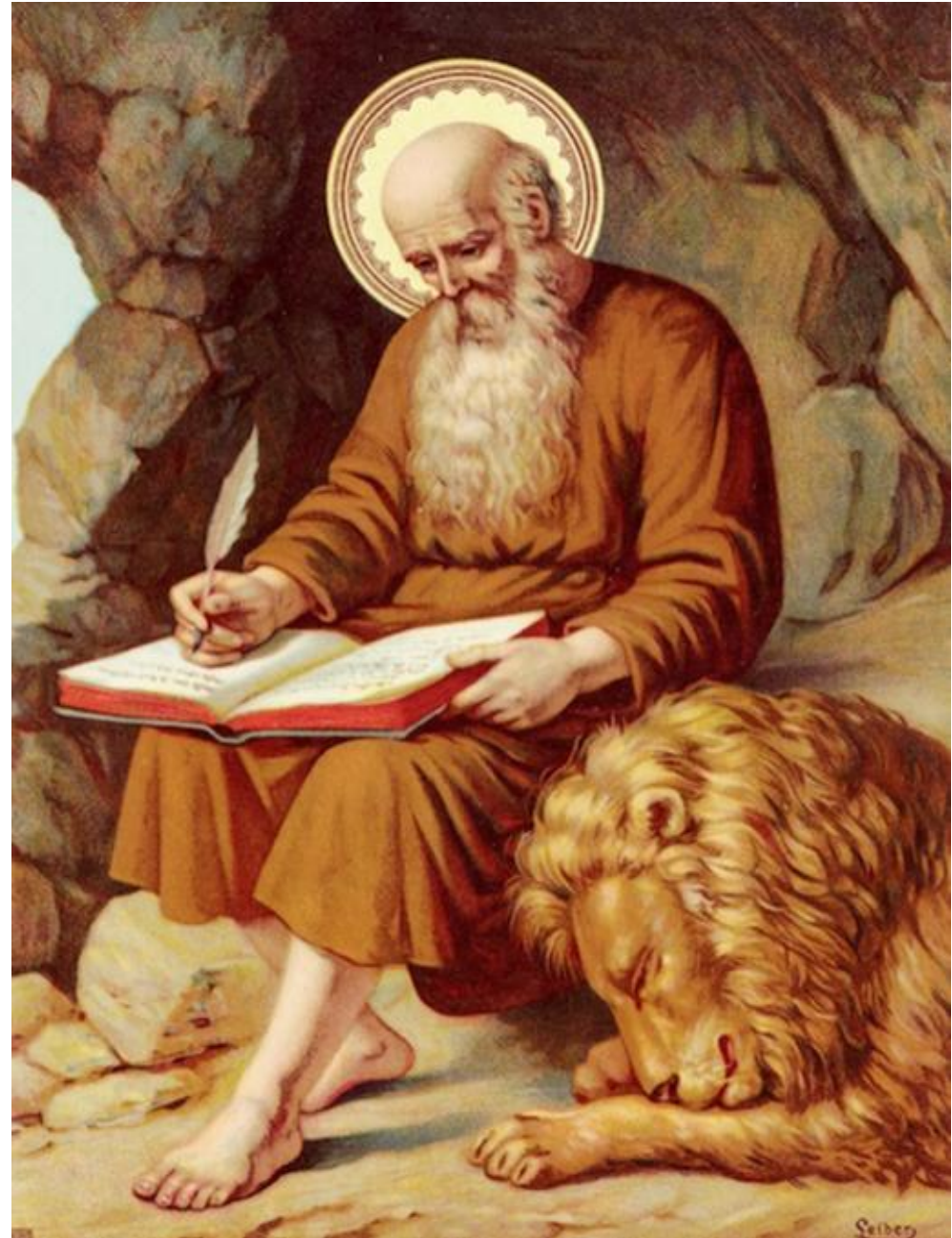
DOM GUIGIO II

**12TH-CENTURY
CARTHUSIAN MONK**



**INDEED, IGNORANCE
OF SCRIPTURE IS
IGNORANCE OF
CHRIST.**

**- ST. JEROME
347-420**



ABBOT SMARAGDUS OF SAINT-MIHIEL

C. 820



“For those who practice (lectio divina) it, the experience of lectio sacra sharpens perception, enriches understanding, rouses from sloth, banishes idleness, orders life, corrects bad habits, produces salutary weeping and draws tears from contrite hearts...curbs idle speech and vanity, awakens longing for Christ and the heavenly homeland.”

VATICAN II
IMPLICATIONS FOR
THE LAITY
REGARDING SACRED
SCRIPTURE

Access and Role for the Laity

Encouraged Engagement: Dei Verbum promotes the faithful (laity) to read, study, and reflect on Scripture, seeing it as a vital source for sharing in God's life.

Accessibility: The document encourages making the Bible available in understandable translations, fostering deeper personal prayer and understanding.

Church's Role: The Church's teaching authority (Magisterium) is tasked with faithfully interpreting Scripture and Tradition, not above them, but to serve the Word of God for salvation.

Salvation through the Word: The ultimate goal is for all people to hear, believe, hope in, and love God's revealed word, leading to salvation

**GUIDO'S LADDER OF
MONKS
A FOUR-STEP PROCESS
THAT LEADS THE SOUL
UPWARDS TO GOD**

**Like climbing the rungs on a ladder,
each rung is a springboard to the next rung.**

- *Lectio* *READING*
- *Meditatio* *MEDITATION*
- *Oratio* *PRAYER*
- *Contemplatio* *CONTEMPLATE*
- *Actio* *ACTION*

LECTIO (READING)

Lectio

- *Lectio divina is the slow, attentive reading and re-reading of a biblical text.*
- This reading is the careful study of the Scriptures, concentrating all one's powers on it.
- It involves reading for understanding the literal meaning of the text.

MEDITATIO (MEDITATE)

Meditatio

- Applying the mind and reason to seek knowledge of hidden truth within the Scriptures

- Reflecting on a word or phrase

ORATIO (PRAYER)

Oratio

- *Responding to God in prayer*
- *A prayer of thanksgiving, adoration, praise, sorrow, repentance, resolve, petition, in response to the Word.*

CONTEMPLATIO (CONTEMPLATION)

Contemplatio

Wordless, imageless, quiet rest in the presence of God in the Spirit.

St. Francis of Assisi



**ACTIO
(ACTION)**

Actio

Applying to our life what God has revealed to us

*“Happy are those who hear the word of God and obey
it!”*

Luke 11:28



Guigo's Ladder

- **BITE (READ)**
- **CHEW (MEDITATE)**
- **SWALLOW (PRAY)**
- **DIGEST (CONTEMPLATE)**

PSALM 1



1 Blessed is the man who does not walk
in the counsel of the wicked,

Nor stand in the way of sinners,
nor sit in company with scoffers.

2 Rather, the law of the Lord is his joy;
and on his law he meditates day and night.

3 He is like a tree
planted near streams of water,
that yields its fruit in season;

Its leaves never wither;
whatever he does prospers.

4 But not so are the wicked, not so!
They are like chaff driven by the wind.

5 Therefore the wicked will not arise at the judgment,
nor will sinners in the assembly of the just.

6 Because the Lord knows the way of the just,
but the way of the wicked leads to ruin.

PSALM 1



1. LECTIO

- Read the text

2. MEDITATIO

- What is the meaning of the text?
- What words, phrases or images stand out to you?
- What is being stirred up in my heart?
- What are the connections of the passage to my life?

3. ORATIO

- Is there a conversion of mind, heart and life that the Lord is asking of me?

4. CONTEMPLATIO

- Silently rest in God's presence

5. ACTIO

- What action can I take in my life?