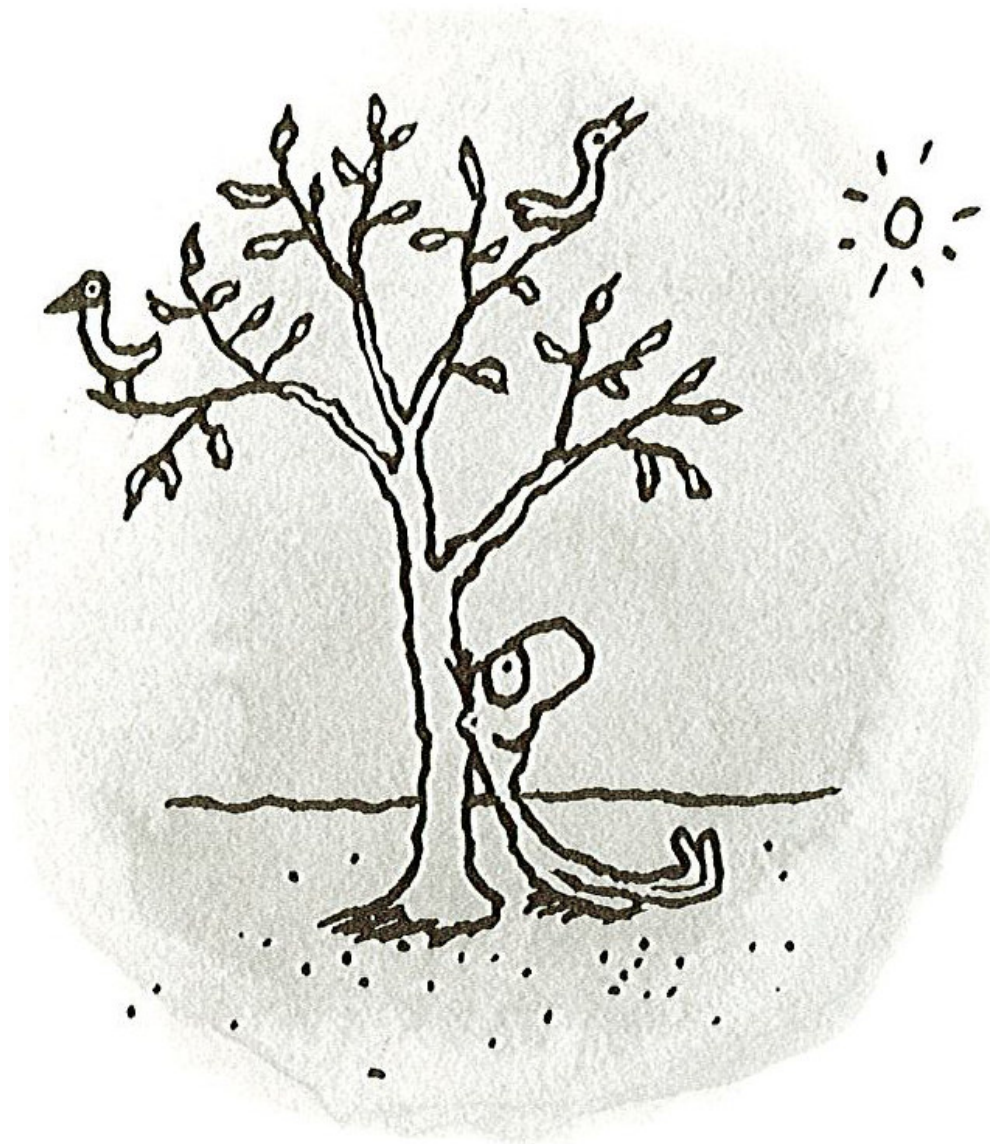


# The Everyday Retreat

*Week 7 – Lectio Divina*



*Lennis*

3<sup>rd</sup> – 9<sup>th</sup> August

## Lectio Divina

Saint Benedict (480-547AD) developed a form of prayer that still remains helpful today. It is called LECTIO DIVINA, Holy Reading. It is not so much WHAT we read that is holy but HOW we read. The process of Lectio Divina is as follows:

We start by **relaxing**. This can be as simple as leaving behind what we have been doing. We choose in our hearts to be there. Perhaps light a candle or make the sign of the cross.

Now open the Scriptures at the daily reading. **READ** the passage **s-l-o-w-l-y**, one word at a time. Say the word when we breathe in and out. **STOP** when a word or phrase or image strikes you. Go back over these same words **AGAIN**, mouth the words, see the words, touch them with your fingers, hear them. Do this step **AGAIN** and **AGAIN**.

What do the words feel like in your heart? Turn to God/Jesus now. Ask what these words might mean for your life. In your relationship with God? Send the words back and forth between yourself and God.

Like a cow, chew them over and over again.

Stop and listen to God/Jesus now. Waste time with God. Let go to God/Jesus. Surrender, give over. Now respond. I may find myself at one with God/Jesus, securely held, at peace, deeply still. Or I may find myself deeply challenged, upset, agitated, restless. How will I respond? Remember that the goal is to be drawn into union with God.

(Sr Fran Nolan, SGS)



### Meditations on the Action of God

A little girl drawing a picture was asked by her mother, “What are you drawing?”

She replied, “A picture of God.”

“But we don’t know what God looks like,” her mother objected.

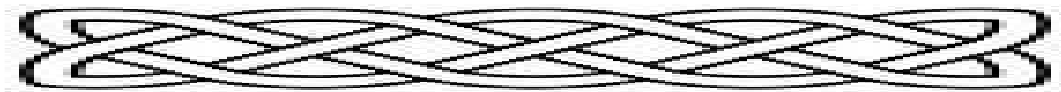
“Well replied the child, “when I am finished with this then you will know what God looks like.”

(Ronald Rolheiser)

“Call” sinks its talons into our hearts. Discovering where it is that God will break out in us in full becomes the major

task of life. The spiritual life is the discovery of the self God meant us to be so that who we are can be God's gift to the rest of the world.

(Joan Chittister)



1 John 4: 7-19

Hebrews 10:1-10

Deuteronomy 1:29-32

John 3:1-21

Mark 10: 17-22

