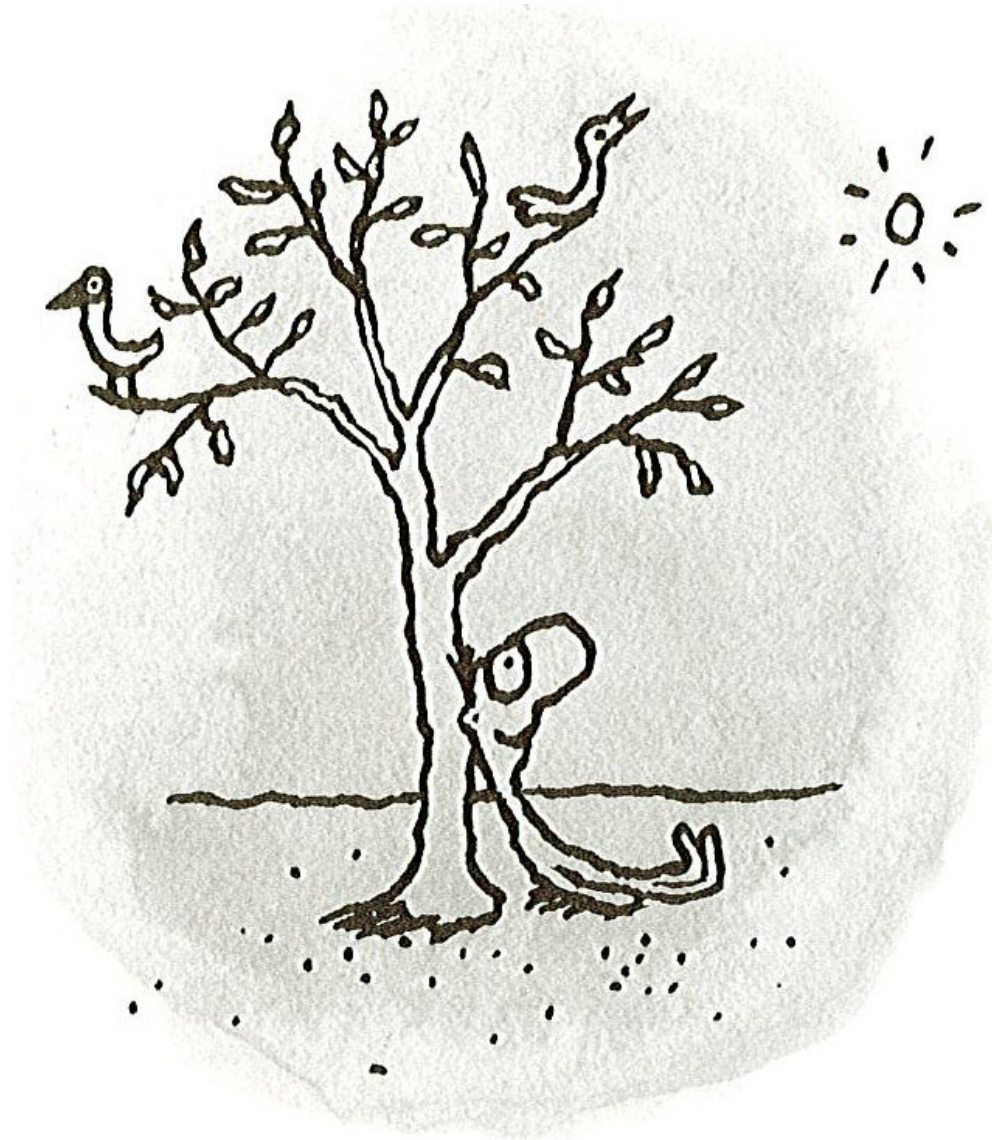


# The Everyday Retreat

*Week 8 – The Heart of Lectio  
Divina*



*Lennis*

10<sup>th</sup> – 16<sup>th</sup> August

## Lectio Divina

Lectio Divina means 'divine reading' and is a traditional way of praying the Scriptures so that the Word of God may penetrate our hearts and that we may grow in an intimate relationship with the Lord. In this prayer, we allow our real selves, even our most difficult and pain-filled experiences to be touched and changed by the word of God.

This retreat follows on from last week which taught the process of lectio. In repeating the method this week, the prayer may be deepened to the heart of the prayer which draws us from contemplation to compassion and action.

- **Contemplation.** As we are faithful to the dynamic of lectio, there are moments when we find ourselves just present to the one who is eternally present to us. There are moments in loving relationships when words are unnecessary. It is the same in our relationship with God. At such moments, in wonderment, we return to the words but not with the thought of what they mean but with the thought of who uttered them and with what merciful or generous purpose. We respond with gratitude and wordless love. We realize that 'All is gift'.
- **Compassion** is one of the fruits of prayer and contemplation. As we encounter God, our whole being is opened up to the

experience of the brokenness of all creation. We find ourselves united not only with God but with all who live. Where lectio divina is giving shape to our lives, the Spirit is working in and through us to change the world. Prayer is less what we do when we pray but what God is doing in us.

- **Action:** Things are already different by our engagement in Lectio but we find ourselves also called to engage in actions that will help others. God calls us to be doers of the Word. The scriptures do reveal us to ourselves, but they could reveal who we could look like- Jesus who gave the commandment, “Love one another just as I have loved you.” This brings us to the Heart of Lectio: An encounter with God who loves us and, in this encounter, we are called to love others.



### Prayer

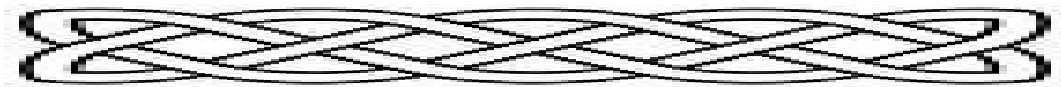
Christ has no body now on earth but yours,  
No hands but yours, no feet but yours...  
Yours are the feet with which he is to go about  
doing good,  
And yours are the hands with which he is to  
bless us now.

- *(St Teresa of Avila, 1515-1582)*

Our time of being with God gives us new eyes  
to see the beauty and gifts in those for whom  
we care, and our caring is also

transformed...What more beautiful ministry is there than the ministry through which we help others to become aware of the love, truth and beauty they reveal to us? Ours is a time in which so many of us doubt our self-worth. We hover on the verge of self-condemnation that takes the very life out of us....How beautiful then is this ministry through which we call forth and receive the hidden gifts of people. How amazing to celebrate with them the love, truth, and beauty they give us. This is the nature of prayer and caring. God is revealed to us in the ever changing lives of people, and the beauty of each brother or sister removes the veil covering the face of God.

- *Henri Nouwen*



Matthew 5:43-48

Luke 11:33-37

1 Corinthians 12:12-27

Job 1:21

Philippians 1:21-26

