

Keysis Outline

1/10/07

Review: Forms of Prayer

- Blessing and Adoration, Petition, Intercession, Thanksgiving, and Praise

Lectio Divina

- Means Divine Reading
- It is an ancient form of prayer practiced at one time by all Christians
- Kept alive by monastic movements, such as the Benedictines
- To master this form of prayer, we must learn to be quiet and “hear with the ear of our hearts”

First Step: Reading

- We read, or listen, to the Word of God
- You don't read at a fast speed, but very slowly and deliberately
- We listen for a word or phrase that God is trying to speak to us.

Second Step: Meditation

- Once we've found the passage or word, we need to “ponder this in our heart” the way Mary pondered the word of the Angel
- Repeat the phrase slowly, over and over in your mind, memorizing it

Third Step: Oratio, or prayer

- Having a conversation with God and consecrating ourselves to God
- Compare what God is saying to you in the verse upon which you are meditating
- Offer up to God your most difficult/painful experiences and how it relates to this verse
- Unite your understanding to God's truth

Fourth Step: Contemplation

- Resting in God
- It's allowing yourself just to “be” in God's presence. No words are necessary.
- Allow thoughts to flow past like the river. Feel God's presence around you, in you, filling the room like the air you breathe.
- Remain resting in the silence with God

Lectio Divina takes practice. It is difficult to be silent. It is difficult to quiet our selves when our lives are full of noise and business.

