

LECTIO - READING

After invoking the Holy Spirit, reading should be done out loud, not mentally. You should hear yourself or someone else reading the passage slowly, like poetry, prayerfully and mindfully through the text, once or twice. Reading to understand the text is the goal but prayer really starts here as you engage with the Word that is alive and ready to possess you. This type of reading is different from study although study of a particular passage that precedes Lectio Divina is extremely helpful for we want to read the Scriptures from the Church. So do your Bible study or exegesis before you engage in Lectio Divina, as an introductory exercise. If you are into journaling, you may write the passage down. Writing it down is already a beginning of meditation by itself.

Highlight the passage that speaks to you.

ROM 10:9-18

Brothers and sisters: If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved.

The Scripture says, *No one who believes in him will be put to shame.*

There is no distinction between Jew and Greek; the same Lord is Lord of all, enriching all who call upon him.

For everyone who calls on the name of the Lord will be saved.

But how can they call on him in whom they have not believed? And how can they believe in him of whom they have not heard? And how can they hear without someone to preach? And how can people preach unless they are sent? As it is written, *How beautiful are the feet of those who bring the good news!*

But not everyone has heeded the good news;

for Isaiah says, *Lord, who has believed what was heard from us?*

Thus faith comes from what is heard, and what is heard comes through the word of Christ.

But I ask, did they not hear? Certainly they did; for

*Their voice has gone forth to all the earth,
and their words to the ends of the world.*

NATIVITY FAST 2017 - DAY 16
LECTIO DIVINA - NOV. 30

MEDITATIO - MEDITATION

Isolate a shorter passage from the text and re-read it again. Create a space in your heart for a new experience. Ponder each phrase or word, repeating it quietly, tasting it, turning it over in your mind, expecting new illumination, new highlight, new understanding, new depth. Assimilate the Word by purposefully keeping your mind engaged, your body focused, your heart open.

Write down your meditation or the phrase that you were meditating upon:

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ORATIO - PRAYER

Meditative reading leads naturally to prayer. It happens spontaneously as you will feel a need to respond to the penetrating work of God's voice inside of you. The prayer based on the passage that you have meditated upon doesn't have to be elaborate. It should be a response of a heart following Beloved. You may feel like writing or singing a prayer, a poem-prayer, a song, an exclamation, praise, petition, words of adoration or blessing. You may enter into the time of intercession. The response might be different on different occasions to the same passage of Scriptures. If practiced in a communal setting, the prayers are spoken out loud.

Write down your prayer:

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CONTEMPLATIO - CONTEMPLATION

You will not always enter into this moment/stage but be determined and restful in promise of the Father who says that He will come and dwell within you. This is the mountain top of Lectio Divina, the moment when we enter into the eternity where the love of God flows freely and we are receptive and open to His movements. It is the moment of awe, adoration and delight, gazing upon Beloved and opening up our inner man for a download from heaven. It is the time when revelation of the nature of God transcends our being and we receive through contemplation what we could not achieve through the human efforts of meditation.

Write down what God has revealed to you:

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