**Archbishop Harry J. Flynn Catechetical Institute**

**Module 4 Lesson 4 CCC 2650-2696**

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**Lectio Divina** Guigo the Carthusian

Prayer

* Leads us to have an intimate and dynamic relationship with the Lord
* Eucharist and the liturgy is our greatest prayer
* To be a disciple of the Lord is to be in prayer constantly
	+ To be in touch with the Lord at all times
* Theology speaks to knowing the heart of the Father, through prayer and our relationship with him.
* You can only grow to know the voice of God through time and experience listening to the voice of God

Lectio Divina

* Provides an opportunity every single day to get a word from God for you personally: God meets you where you are in your life.

Guigo the Carthusian

* Began the idea of Lectio Divina in the Middle Ages
* Forming a relationship with the words for scripture that the lector reads

**Pope Benedict XVI** The practice of Lectio Divina would be the key to the new springtime in the Church. Nothing would advance the new springtime of evangelization like reading scripture with prayer. (October 2008 Synod on Scripture)

Guide to Lectio Divina

* Ask the Lord to lead and guide you throughout the trials and turbulations of your life.
* The discipline of hearing the word of God every day in your life

**St. Augustine** When you pray, your prayer is your word addressed to God, but when you read the Bible, God speaks to you.

**St. Cyprian**  When you pray you speak with God, but when you read God speaks to you.

**Dei Verbum, Vatican 2 “**In the Sacred Books, the Father who is in Heave comes lovingly to meet his children and talks to them.”

God is here with us. We are called to have a relationship with God.

* It is important to record your though and process the things you think and feel when engaging in Lectio Divina, because it is through prayer that God reveals himself to you.
* Turn prayer into a habit. “Set an appointment” with the Lord.
* Chose a short passage, just a few verses.
	+ For example: the Gospel reading of the day or one Psalm a day
* Begin in prayer with the sign of the cross

Lectio = to read

* Pay attention to what words/phrases stick out to you
* Record & write these down
* Meditate on the words that God uses to speak to you

Three Guidelines for Interpreting Scripture

1. Be especially attentive to the content and unity of the whole Scripture
2. Read the Scripture within the living tradition of the whole Church
3. Be attentive to the analogy of Faith
* Pay attention the historical context of the Scriptures
* Ask yourself how the text related to Jesus
* Find how the Scriptures relate to you and your life
* Respond with an open heart in dialogue with the Lord