

LECTIO Divina - LECTIO Visual – LECTIO Musica

Historically Lectio Divina has been a contemplative way to read sacred scripture. For Christians, that is the Hebrew Text and New Testament. Other traditions use their sacred texts. This series will also utilize other media for use in contemplative medication.

PROCESS FOR LECTIO

READING

LISTEN WITH 'THE EAR OF YOUR HEART'

This is defined as: don't look for or try to remember the Biblical context
don't look for a background story
don't try to interpret the passage
this is intuitive listening, nor linear thinking

Select no more than 8-10 verses/or lines, no more than one graphic/photo/painting or musical selection depending on the type of Lectio that you are doing.

Read slow, view for 30 seconds, or listen for 30 seconds one time. Pause and jot down any words, images, phrases that capture your attention; trust your instincts, if it crosses your mind...jot them down (can be a list, or sentence, no right or wrong way to do this).

Read, view, or listen a second time. Pause jot down any additional thoughts, words, images.

Read, view, or listen a third time aloud. Pause write down any additional ideas/thoughts.

REFLECTION

(meditation)

LOOK AT THE ASSOCIATED WORDS/PHRASES YOU GATHERED

What images, ideas from the past come to mind? (may not be any)
Is there anything currently in your life these words convey to you?
Write down any sentences that come together from this gathering process; you might find one or two significant words you wish to keep to ponder.

RESPONSE

(oratio)

LET THE SPIRIT GUIDE YOUR WRITING AND THOUGHTS

Trust what comes as you put step one and two together; write out your insights, questions, or a list of words to keep. If you journal, you may wish to write a full journal entry.

REST

(contemplation)

QUIETLY SIT IN THE PRESENCE OF GOD

Wait until you know you are finished; then close this sacred time in whatever way seems natural for you.

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(Any meaningful, inspiring reading material/even auditory material can be used for Lectio).