



- A RESOURCE FOR ONGOING FORMATION -

Part 3: Prayer

Chapter 7. Lectio Divina

Secular Franciscans, therefore, should seek to encounter the living and active person of Christ in their brothers and sisters, in Sacred Scripture, in the Church and in liturgical activity. Rule 5



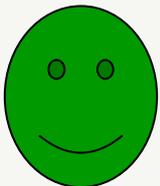
Lectio divina?  
What is it?



It is a process which opens the mind and heart to the contemplation of God through his word.

**Studying Scripture** = intellectual exercise

**Lectio divina** = simple & effortless way of praying through Scripture



Using a passage of



Scripture, follow these four steps:

**LECTIO**

reading, or 'listening' through a chosen passage

**MEDITATIO**

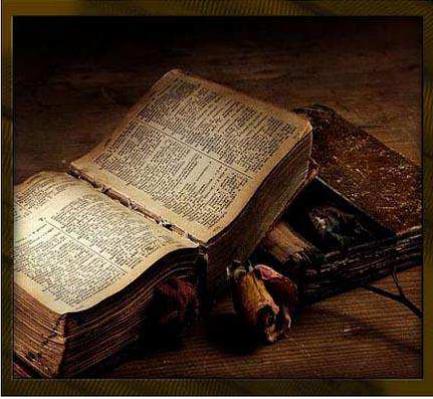
meditation, reflecting upon the words, using imagination to capture the scene

**ORATIO**

prayer of the heart, speaking in one's own words and being at the disposal of the Spirit; repeating a word from the passage

**CONTEMPLATIO**

contemplation, where thoughts and words are unnecessary; here the Holy Spirit is working through us, our imagination and reason close down; we entrust ourselves to God who is now in control



## Scripture—

### Rom 10. 14-17

But how are they to call on one in whom they believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!' But not all have obeyed the good news; for Isaiah says, 'Lord, who has believed our message?' So faith comes from what is heard, and what is heard comes through the word of Christ.

### Heb 4. 12-13

Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account.