

Lectio Divina: Divine Reading for Difficult Times

Reading 26

As we navigate difficult and challenging times, and we are unable to attend Church services, we offer some divine reading passages and guidance for following an ancient approach to contemplating passages from Scripture. Below, we will offer a text for you to follow this week.

We follow guidance from a wonderful little book entitled *Too Deep for Words: Rediscovering Lectio Divina*, by Thelma Hall.

This exercise can be carried out alone, or with others.

There are four steps to the *Lectio Divina* exercise:

1: *Lectio* – Reading and listening to the Word of God.

2: *Meditatio* – Reflecting on the word.

3: *Oratio* – The Word touches the heart.

4: *Contemplatio* – Entering the Silence “Too Deep for Words.”

Thelma Hall writes, “I prepare for this sacred reading by taking time to quiet my body and mind.” Take time to find a comfortable and favoured place to sit. Perhaps go through a few minutes of being conscious of your breathing.

Next, read the scripture passage with your full attention. This is step 1: *Lectio* – Reading and listening to the Word of God. Just read and re-read enough to take it all in.

Now, it’s time for *Meditatio* – Reflecting on the word. Perhaps think of fully seeing and understanding the passage for the very first time; even if you have read the passage before. You may find that a specific word or phrase seems to stand out from the rest of the passage. Take time to wonder why.

Thirdly, turn to *Oratio* – The Word touches the heart. Let the words tell you why you must listen to these words at this specific time. This is a ‘settling down’ moment where you can take as much time as you need to fully *be* with the words. You may wish to ask yourself, “Why is God focussing me on these specific words?”

Finally, turn to *Contemplatio* – Entering the Silence “Too Deep for Words.” Think of this as new beginning rather than the end of the process. Take time to imagine hearing these words for the very first time in terms of the depth of their guidance to you. God is taking over. Sit still. Do nothing for a little while.

With all this in mind, here are a couple of passages for you to take on in your *Lectio Divina* exercise this week:

Blessed is he whose transgressions are forgiven, whose sins are covered. ² Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit. ³ When I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. *Selah* ⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"-- and you forgave the guilt of my sin. *Selah* ⁶ Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him. ⁷ You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. *Selah* ⁸ I will instruct you and teach you in the way you should go; I will counsel you and watch over you. ⁹ Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you. ¹⁰ Many are the woes of the wicked, but the LORD's unfailing love surrounds the man who trusts in him. ¹¹ Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!
(Psalm 32:1 NIV)

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!" ²⁰ After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. ²¹ Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." ²² And with that he breathed on them and said, "Receive the Holy Spirit. ²³ If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven." (John 20:19 NIV)

Reverend Sue-Ann Ward Reverend Deacon Dr. Paul K. Bates