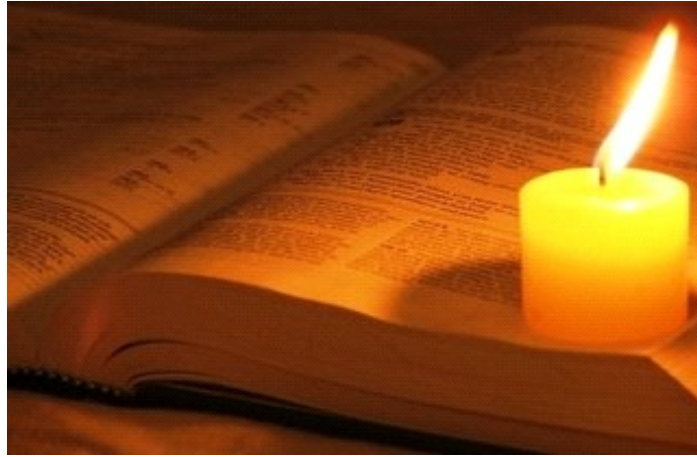

LECTIO DIVINA



THURSDAY EVENINGS 7.30-8.30 IN THE CHAPEL

Lectio Divina is a spiritual method developed in early and medieval monasticism for focusing the mind in prayer and uniting one's life in contemplative attention to the word of God in Holy Scripture.

In the Scriptures, by the Spirit,
May we see the Saviour's face,
Hear his word and heed his calling,
Know his will and grow in grace.

The word of God in scripture acts as a mirror we hold before our eyes each day. It requires the courage and generosity to question oneself in truth before God, ready to be *converted*. St Anthony the Great, when asked what was the most difficult aspect of monastic life, replied, 'Scripture' (in the sense of bearing with its purifying and transforming light.) It involves the effort of getting to know the genuine truth about ourselves so that God can transform us.

'You did not ask for burnt offering or sacrifice,
But an open ear.... I desire to do your will, O my God:
Your law is deep in my heart' Ps 40

The great model for Lectio is Mary who

'kept all these things, pondering them in her heart.' Lk 2:51

Mary, who had already conceived the Word of God in her heart before bearing him in her womb. Like her, we too can receive our daily Annunciation, keeping the word of God which is given to us each day.

Give us this day, our daily bread