



Religious Education Congress 2017

Dr. Josephine Lombardi

www.josephinelombardi.com

Josephine.lombardi@utoronto.ca

Title of Workshop: The Storm Before the Calm: Learning to Embrace Trust Using *Lectio* and *Visio Divina*
Session 5-19

Verbum Domini on Lectio Divina

Post-Synodal Exhortation of Pope Benedict (2010)

The prayerful reading of sacred Scripture and "lectio divina"

86.

I would like here to review the basic steps of this procedure. It opens with the reading (**lectio**) of a text, which leads to a desire to understand its true content: **what does the biblical text say in itself?** Without this, there is always a risk that the text will become a pretext for never moving beyond our own ideas. Next comes meditation (**meditatio**), **which asks: what does the biblical text say to us?** Here, each person, individually but also as a member of the community, must let himself or herself be moved and challenged. Following this comes prayer (**oratio**), **which asks the question: what do we say to the Lord in response to his word?** Prayer, as petition, intercession, thanksgiving and praise, is the primary way by which the word transforms us. Finally, lectio divina concludes with contemplation (**contemplatio**), during which we take up, as a gift from God, his own way of seeing and judging reality, **and ask ourselves what conversion of mind, heart and life is the Lord asking of us?** In the Letter to the Romans, Saint Paul tells us: "Do not be conformed to this world, but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect" (12:2). Contemplation aims at



creating within us a truly wise and discerning vision of reality, as God sees it, and at forming within us "the mind of Christ" (1 Cor 2:16). The word of God appears here as a criterion for discernment: it is "living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart" (Heb 4:12). We do well also to remember that the process of lectio divina is not concluded until it arrives at action (actio), which moves the believer to make his or her life a gift for others in charity.

Lectio Divina

Lectio "What does the text say?"

Meditatio "What does the text say specifically to me at this point in my life? Are there any messages?"

Oratio "What does God say to me and what do I say to God through the text? What type of prayer is needed?"

Contemplatio "Rest in God's presence and be open to the conversion of heart and mind."



Lectio and Visio Divina

Lectio "What does the text say?"

Visio "What do you see in the image? What does the image reveal to you about the scripture?"

Meditatio "What does the image say specifically to me at this point in my life? Are there any messages?" What does the image remind you of? What feelings emerge? What do you feel drawn to?

Oratio "What does God say to me and what do I say to God? What type of prayer is needed?" What desires are evoked in your prayer? How do you respond to God?

Contemplatio "Rest in God's presence and be open to the conversion of heart and mind."