

Lectio Divina – A Complementary Practice

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Many people who practice Centering Prayer find that another ancient practice, Lectio Divina, helps to augment the process of inner transformation. Unlike Centering Prayer, Lectio Divina is a participatory, active practice that uses thoughts, images and insights to enter into a conversation with God. The Latin phrase is difficult to translate precisely, but it may be thought of as “sacred reading” or “divine reading.”

During Lectio Divina, a person listens to the text of the Bible with the “ear of the heart,” as if he or she is in conversation with God, and God is suggesting the topics for discussion. The method of Lectio Divina includes moments of reading (lectio), reflecting on (meditatio), responding to (oratio) and resting in (contemplatio) the Word of God with the aim of nourishing and deepening one’s relationship with the Divine. Lectio Divina is an ancient practice from the Christian contemplative heritage. It was made a regular practice in monasteries by the time of St. Benedict in the 6th century.



You can find a lot more information about this practice on the [national Contemplative Outreach website](#), or view this wonderful [video introduction](#) by Thomas Keating.