

Lectio Divina

Part 11 – Some Other Ways of Doing *Lectio*

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There is no one way to do *Lectio*. Each person will need to develop his/her own style.

Divine Office method:

Another way to *Lectio* is to copy the structure of the Divine Office: an opening prayer, "O God, come to my assistance; O Lord make haste to help me." Psalmody to help us quieten the mind (to say psalms, we meaningfully have to put aside all our cares, etc., thus freeing ourselves to be open to listen), enter the sacred space, come into God's presence. A reading — if a word speaks, need to stay with that word, rather than push on to finish the reading; sit with it till it draws forth a response, which will form our prayer. Note: the Liturgy of the Hours is cyclical; the reading will return again next year, so if don't finish today, there is always next year!

Centring Prayer method:

This is a very abbreviated style.

The method begins with a movement of faith — that God will be present with me. Then we recall a Word from memory (*lectio*). In this type of prayer, the Word needs to be short — as recommended in The Cloud of Unknowing. Often the same Word is used each time. Perhaps: "I am with you always"; "The Kingdom is within you"; "The Father and I will make our home with you"; "Be still and know that I am God". We let this Word be present to us by repetition (meditation). Then we respond with a movement of love (oration). Finally we let this love come to rest at the Centre (contemplation).