

Lectio Divina
Part 4 – *Lectio* is Not

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There are some 'NOTs' about *Lectio*. *Lectio* is NOT an exercise in information gathering; it's not that kind of reading. *Lectio* is NOT a form of entertainment; we should not expect to see some kind of spiritual fireworks. If this is what we expect we are bound to be disappointed. Rather, *Lectio* is a sober, long-term thing — there will be no immediate gratification, no immediate improvement in our lives (only time will reveal the change). Nor will our reading bring us to any sudden revelation (such are rare). Rather, we will see glimpses along the way as we gradually come to see things in a different light, the light of Christ Risen.

Then, *Lectio* is NOT an exercise as in something that has to be done, a duty. If we see it as a duty, we are less likely to persevere in it. Rather, *Lectio* is prayer, intimate prayer, where we take God's word into ourselves and let it influence us. It is a technique of prayer and a preparation for contemplation. It is a way of finding God. This we should want to do; this we should be eager to do. This is the test Benedict uses for admission to his school of the Lord's service: Does the novice truly seek God?