

Lectio Divina

Part 5 – *Lectio* and the Spirit

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In our seeking we need to admit that we don't know the way, that we need a guide. This means we need to be willing to be led. Here our *Lectio* will help: the sacred Authors will lead us to the God in Jesus. We need to be open to their guidance in a spirit of trust and confidence. Further, as it is prayer, we need to admit we don't know how to pray (properly/adequately/well — there is always something unsatisfying about our prayer).

St Paul teaches us that, though this is so, the Spirit prays in us anyway. Our *Lectio* is a way of opening to this Spirit. As a method of praying, *Lectio* aims to develop a habit of prayer, of spending some time each day with the Lord, listening to him and responding to him, and growing more like him in mind and heart and letting him guide us more practically each day. Jesus promised us the Holy Spirit who would teach us all things and remind us of all that Jesus said — this is what happens in *Lectio*; *Lectio* is co-operating with the Holy Spirit, hearing his voice.