

Introduction: What is Lectio Divina?

Lectio divina literally means “reading of God”.
Lectio divina is the search for God in his written Word.

Some would rather say
that it is a way of receiving God’s love
which is eternally in search of us.

The Bible contains the written Word of God
and so naturally the Bible is what we need for lectio divina;
However, we can’t read God in the same way
as we would read any other author,
so we need some guidance.

Why do we use the Bible?

God is in the Bible.
It’s not an old set of books, filled with dusty words.
The living holy Trinity of Father, Son and Holy Spirit is there.
To open the Bible is to meet God.
God speaks and is personally revealed in its words.
The Holy Spirit inspired the writers of the Bible in their day.
The Holy Spirit inspires the readers of the Bible in our day.
Equally, Christ, the Word of God,
is in the Bible,
not just in the New Testament
but in the Old Testament as well.
When we open the Bible and read it aloud in church
it is Christ that speaks.
Saint Jerome goes as far as to say
“ignorance of scripture is ignorance of Christ”.