

ambition

Resources for further study

21 April 2009

Scripture

Philippians 1:9-11. Challenge: practice *Lectio Divina* (see below) at least twice this week.

Disciplines/Exercises

Lectio Divina is an ancient method for praying with the Bible, being open to hearing the in the words of Scripture a personally enlivening and transforming word from God. Begin by choosing a brief passage of Scripture, and a place where you can be quiet and undisturbed in your prayer time. After you have taken a few minutes to quiet your mind, turn your attention to the passage you have selected.

1. Read a short passage of text that you have decided upon in advance. Read slowly, letting your awareness rest in turn upon each word, savoring it. As you read, be alert for any particular word or phrase that draws your attention in a special way.
2. Meditate on this word or phrase, allowing it to engage you fully. Does the word upon which you are meditating connect with some aspect of your own experience? As you hold this word or phrase in your heart, let yourself become aware of any answering words, images, or memories that arise in you.
3. Respond to the Word you have heard, simply and directly. Your heart may call out in thanks, or praise, or joy. If the Word has been painful, your response might be one of remorse, or anger, or supplication.