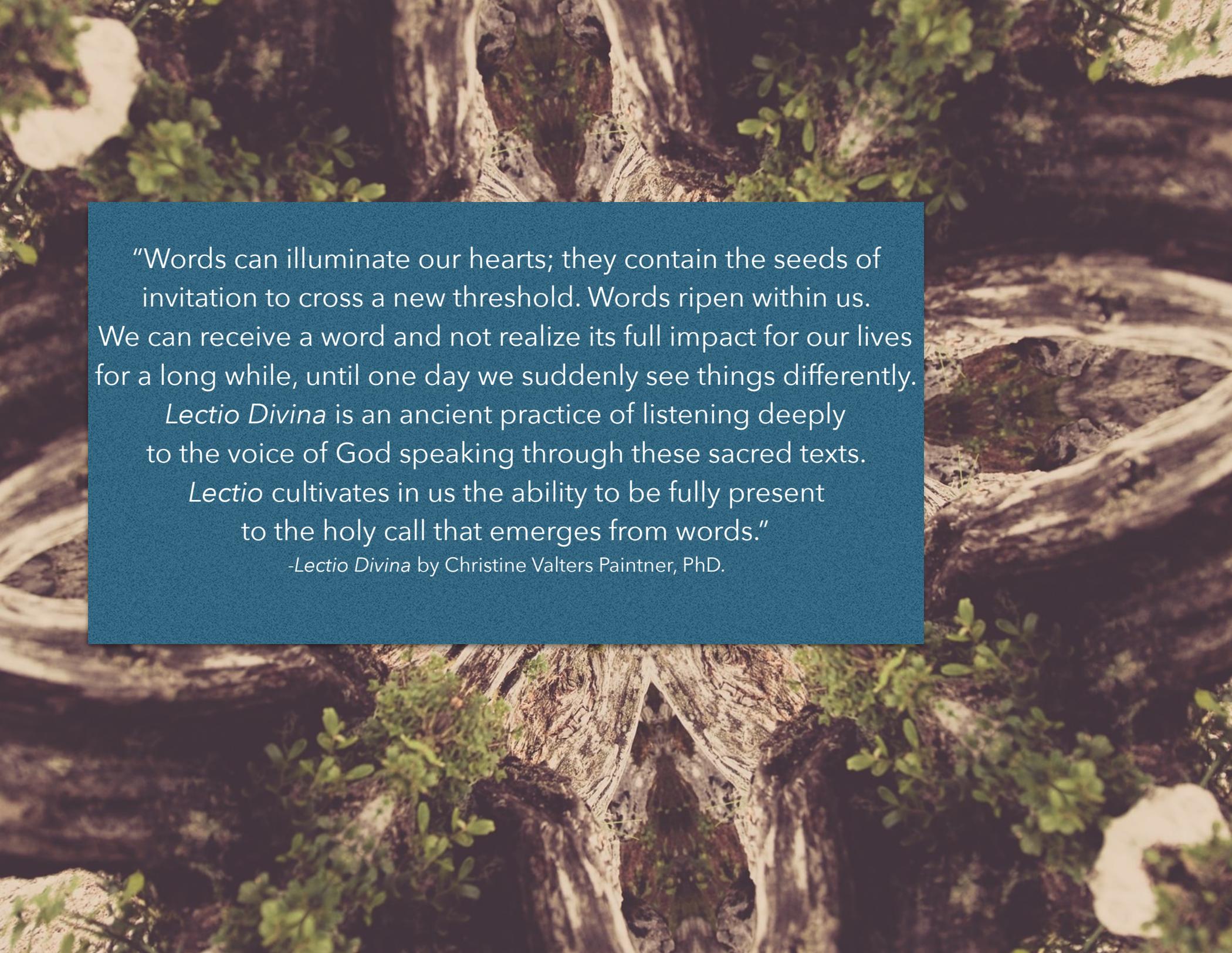




LECTIO DIVINA:
A BENEDICTINE TRADITION

WITH JANELL RARDON

Lectio Divina, "divine reading."
An invitation to participate in an
ancient practice, *today*. Be
present to each moment in a
heart-centered way—having eyes
to see and ears to hear the
Sacred in all: *the good, the bad,*
the ugly.



“Words can illuminate our hearts; they contain the seeds of invitation to cross a new threshold. Words ripen within us. We can receive a word and not realize its full impact for our lives for a long while, until one day we suddenly see things differently.

Lectio Divina is an ancient practice of listening deeply to the voice of God speaking through these sacred texts.

Lectio cultivates in us the ability to be fully present to the holy call that emerges from words.”

-*Lectio Divina* by Christine Valters Paintner, PhD.

THE FOUR MOVEMENTS OF *LECTIO DIVINA*

In the Benedictine Tradition, there are four movements in Lectio Divina:

1. Read, *Lectio*
2. Reflect, *Meditatio*
3. Respond, *Oratio*
4. Rest, *Contemplatio*

Open to Matthew 27: 32-66, our passage for today.

- *Read (Lectio)*. Welcome God into this time. Read aloud once without stopping. Notice a phrase of two.
- *Reflect (Meditatio)*. Read aloud, again. Notice anything that captures your attention. What is this saying to you? What does this mean? Notice what happens in your heart as you read. What do you feel? Are any emotions rising up? Where are you in this story?
- *Respond (Oratio)*: Read aloud, again. Is there an invitation to some new awareness or personal action?
- *Rest (Contemplatio)*: Be with God for a moment, grateful for this time of connection. Breathe deeply.

CULTIVATING CONTENTMENT

"The Rule of Benedict counsels contentment, which essentially means being fully satisfied with whatever is being presented to us in a given moment. It is the satisfaction of desire. Being content often means shifting what we desire so that we can grow more satisfied with what we already have. Benedict wanted us to remember that every gift and grace we have comes from God and to marvel that there is something rather than nothing. We won't grow spiritually if we are always striving after something bigger and better, for maturity comes from cultivating a sense of contentment with the lives we already have."

-*Lectio Divina*, Christine Valters Paintner, PhD.

What does this mean to us, today? For me, I am definitely a doer. A recovering Type-A, who learned that achievement + applause + affirmation = my sense of self. What a false reality. On a daily basis, I have to remind myself, "I am enough. I don't have to 'do more' to 'be more.' Today, I am enough. Enjoy this day. Be present to this day." How about you? Does this resonate at all? *Lectio Divina* and centering prayer helps me slow myself down. Is it easy? OH DEAR ME, no! So difficult. But I am learning. *Learn with me. Let's grow together.*



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"Be Remarkable Women," every Friday.