

# GOD SPEAKS

## A GUIDE TO LECTIO DIVINA



In the past God spoke to our ancestors through the prophets at many times and in various ways, but in these last days he has spoken to us by his Son..." (Heb 1:1)

While God has spoken throughout history in the lives and experiences of people and what he has said has been recorded for our benefit, it is the words and actions of Jesus that speak most clearly what God wants us to hear.

God still speaks to us today  
- we just have to listen.

*A traditional way of listening to God is Lectio Divina - "Holy Reading".*

## LISTENING TO WHAT GOD WANTS TO SAY

(NOT JUST WHAT WE WANT TO HEAR) REQUIRES A FEW THINGS

## REGULARITY



"My sheep listen to my voice; I know them and they follow me."  
Jn 10: 27

We need to listen to God regularly so that we come to recognize his voice.

Try to set aside a time (at least 10min) every day just to listen to God.

## SILENCE

"For God alone my soul waits in silence, for my hope is from him." Ps 62:5

When you pray, find a physical space that is quiet and free from distraction, but also take some time to quiet your thoughts with some deep breaths.

## LECTIO DIVINA

### IN THREE STEPS

- 1. READ** - Take a passage of scripture (one of the readings from Mass is a good length) and read it slowly, twice, with a pause between each reading. If you can, read aloud so you can literally hear it. Each time, notice what words are standing out to you. Don't analyse it, just notice.
- 2. LISTEN** - Read it through a third time and then ask the Holy Spirit to tell you why you noticed particular phrases or words. Listen to what he might be saying in reference to your life. Have a conversation with God about it - be honest about how you feel and what you've heard and listen to what He has to say too.
- 3. RESPOND** - Listen for what action you are being asked to make in your life. It might be trusting God more with a particular area, or reaching out to someone, or changing a habit you have. Ask God what He wants you to do - and what next steps you need to take. Then do it!



**TIP:** Sometimes it helps writing down what you've heard in a journal, so you can remember it and so you can see in the future the journey to holiness God is taking you on.

"The word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart."  
Heb 4:12