

Opening To God Lectio Divina And Life As Prayer Kindle Edition David G Benner

Transformed by God's Word Meeting God in Scripture Garden of the Soul Lectio Divina Spiritual Traditions for the Contemporary Church Desiring God's Will Spiritual Disciplines Handbook Abide The Transforming Power of Lectio Divina Presence and Encounter Surrender to Love Tending to the Holy Praying the Word Too Deep for Words Welcome to the Bible Opening to God Praying Scripture for a Change Soulful Spirituality Lectio Divina--the Sacred Art Echoing the Story Praying the Bible Discovering Lectio Divina Reading with God The Geography of God's Incarnation Lectio Divina Arriving at Amen Lectio Divina Youth Handbook When God Speaks: Lectio Divina in Saint John of the Cross, the Ladder of Monks and the Rule of Carmel Discovering Lectio Divina Conversing with God in Scripture Spirituality and the Awakening Self Lectio Divina Opening to God Lectio Divina An Open Place Sacred Reading Human Being and Becoming The Gift of Being Yourself Called to Life

Transformed by God's Word

What does geography have to do with the incarnation of God and with our spiritual lives as Christians? We will embark on a theological road trip that explores how geographies are at the heart of understanding of God's incarnation in the world. It is no surprise to Christians that the center of the incarnation is the person of Jesus Christ--God in flesh made manifest. However, it might be a stretch for some Christians to imagine that the promise that God has become flesh is not only in a person but also in a place: in the creation. Christians need to expand what incarnation means and what it means to be created in the image of God so that the scope of God's creative and redemptive action and work indeed reaches to the scope of all things: from the outer reaches of space to the inner reaches of our hearts. To be the creatures of God that God calls us to be requires a kind of dual citizenship: within the details of our daily life, attending to the needs of our neighbors, simultaneously knowing we are part of a greater cosmos whose future is still unfolding.

Meeting God in Scripture

The Bible is ancient, enigmatic, and from a culture vastly different from our own. That's why most of us find it hard to read. So how can we understand its importance in the church, and how can it enrich our lives? Central to lectio divina is the conviction that to read the Bible faithfully and prayerfully is to learn an ancient art--by entering into dialogue with the God who speaks to each of us through the biblical page. Enzo Bianchi touches on the essentials of the history of lectio, from the brilliant thinker Origen in the third century to the development of historical criticism in the modern era. He explains how to do lectio and how to understand and implement its four "moments"--lectio, meditatio, oratio, and contemplatio. This is not simply a book about how to approach the Bible, because Scripture ultimately wants to lead us beyond itself, to the truth and mystery of Christ that can never be captured fully in the written word. "With his deep biblical wisdom, Bianchi is able to explore the whole Christian tradition of prayerful reading. St.

Benedict mandates at least two hours of lectio divina a day for his monks, which is a considerable challenge for the modern person. But with Enzo as our guide, we can do it!" —Terrence G. Kardong, osb, editor of American Benedictine Review

"Enzo Bianchi was born in Castel Bolognese, Piedmont, Italy, in 1943. In 1965, after graduating from the University of Turin, he founded an ecumenical monastic community—the Bose Community—of which he is still the prior. Friar Bianchi is a well-known author of books on lectio divina and the spiritual life, which have been translated into many languages. He has dedicated himself to the search for spirituality capable of giving life to Christians today and furthering communion among all people. The Bose Community now numbers over eighty brothers and sisters of various Christian traditions, and receives thousands of visitors annually. Enzo Bianchi is one of the most significant Christian voices in Europe. He shows what can be achieved by an immersion in Scripture that involves both intellect and imagination alike, and—in common with all the most serious Christian voices of our day—he cannot be labeled as a partisan "liberal" or "traditionalist." He offers exactly what the monastic voice at its truest has always offered: a way into the heart of our ecclesial and social questions that is honest, patient, and sensitive. His is a perspective that the English-speaking Christian world should welcome enthusiastically." —Rowan Williams, Magdalene College, Cambridge

"I hope that these pages may be heard as a simple yet faithful echo of my personal experience, my community's path and my journey with the church. For years, I have broken the bread of the Word for the brothers and sisters in my community. Much of what I say here comes from that experience. It also comes from many years of preaching the Word to listeners from all walks of life. I would like to see this book ultimately as no more than a small gesture of gratitude to those witnesses of the Word whom the Lord has allowed me to meet, those "martyrs" of faith who have found ways to express all the richness of the Gospel in their lives. Only those people who put God's Word into practice have really heard it. They are the ones who truly understand the biblical text, because they obey without delay the word Christ never tires of speaking to us. The sequential sancti evangelii for today—today's Gospel—is not the product of brilliant scholarly research. It is the life and witness of God's holy people, those who are faithful disciples of the Word made flesh, their Lord." —Enzo Bianchi

Garden of the Soul

Tending to the Holy: The Practice of the Presence of God in Ministry invites pastors to embody their deepest beliefs in the routine and surprising tasks of ministry. Inspired by Brother Lawrence's classic text in spirituality, Tending to the Holy integrates the wisdom and practices of the Christian spiritual tradition with the commonplace practices of pastoral ministry. Bruce and Katherine Epperly utilize a variety of spiritual disciplines especially Benedictine, Celtic, Ignatian, Rhineland, and process spiritualities to provide a framework for helping clergy nurture the awareness of God, creative imagination, and personal well-being in every aspect of their ministerial lives. Practicing God's presence in the ordinary tasks of ministry inspires wholeness, spiritual transformation, vision, imagination, endurance, and healthy self-differentiation in ministry. Commitment to joining spiritual practices with the routine and repetitive tasks of ministry provides an important antidote to unhealthy stress, burnout, and loss of vision in ministry. By seeing their congregational leadership in terms of spiritual transformation, imaginative

practice, and relational interdependence, ordinary ministerial practices can become ways pastors can deepen their relationship with God. Growing out of their work with pastors at every season of ministry, as well as combined ministerial experience of nearly sixty years, Bruce and Katherine Epperly invite pastoral leaders to complement and expand on their understanding of spiritual leadership, pastoral excellence, and self-care, integrating traditional and contemporary spiritual practices with the concrete arts of ministry.

Lectio Divina

Bestselling author and biblical scholar Stephen J. Binz presents the first book to combine the ancient Western practice of lectio divina (sacred reading) with the lesser-known Eastern Orthodox tradition of visio divina (sacred seeing). Binz offers a life-changing way to pray through twenty gospel readings paired with beautiful, never-before-published contemporary icons. St. Benedict urged his followers to listen to God's Word "with the ear of the heart." Eastern Orthodox spiritual writers focused on gazing at icons, as St. Paul said, with "the eyes of the heart." Popular speaker and retreat leader Stephen J. Binz draws on the richness of both traditions by combining lectio and visio divina. Contemplation is more difficult than ever during this digital age and Binz offers a proven and profound way to cut through the noise and pray the gospels. He walks you through six steps: reading, seeing, meditating, praying, contemplating, and acting. Binz also provides simple suggestions for self-reflection that can lead to practical changes in your everyday life. The book's twenty Bible passages—starting with the Annunciation and ending with Pentecost—are paired with full-color icons of each story. The original, never-before-published icons, written by Ruta and Kaspars Poikans, are displayed in the Unity Chapel at the Mary of Nazareth International Center in Israel.

Spiritual Traditions for the Contemporary Church

This practical guide book for today's Christian describes the time-tested method of praying with the Scriptures for wisdom and guidance and joy.

Desiring God's Will

How do we become both willing and able to do what God asks of us? In this expanded edition of a spiritual formation classic, psychologist and spiritual director David G. Benner explores the transformation of the will in Christian spirituality, examining why our desires are disordered and how we can align our hearts with God's.

Spiritual Disciplines Handbook

Is it really possible to enter into a genuine conversation with God? Christians throughout the ages have done so using the ancient practice of lectio divina, or spiritual reading. In this practical and inspirational book, Stephen Binz shows how we can read and reflect on Scripture in ways that enable us to hear God speaking to us in our thoughts and hearts. He explains how to converse with God in prayer, which will lead to contemplation and life-changing action. with a clarity that all will

welcome, Binz explains the elements, characteristics, and benefits of lectio divina. This book is suitable for those in faith-sharing and Bible study groups. • Seven examples from biblical passages show readers how to use lectio divina. • Questions for reflection and discussion follow each chapter. • Valuable for all, from beginners to those experienced at prayer.

Abide

During the Middle Ages the act of reading was experienced intensively in the monastic exercise of lectio divina 'the prayerful scrutiny of passages of Scripture, savored in meditation, memorized, recited, and rediscovered in the reader's own religious life. The rich literary tradition that arose from this culture includes theoretical writings from the Conferences of John Cassian (fifth century) through the twelfth-century treatises of Hugh of St. Victor and the Carthusian Guigo II; it also includes compilations, literary meditations, and scriptural commentary, notably on the Song of Songs. This study brings medievalist research together with modern theoretical reflections on the act of reading in a consolidation of historical scholarship, spirituality, and literary criticism. Duncan Robertson has taught French and Latin, language and literature, at Augusta State University since 1990. Previous publications include *The Medieval Saints' Lives: Spiritual Renewal and Old French Literature* (Lexington, KY: French Forum, 1995), and *The Vernacular Spirit: Essays on Medieval Religious Literature*, with Renate Blumenfeld-Kosinski and Nancy Warren (New York: Palgrave, 2002). His articles have appeared in *Romance Philology*, *French Forum*, *Cahiers de Civilisation Madiavale*, and other journals in the United States and abroad.

The Transforming Power of Lectio Divina

"Sister Thelma Hall is a skilled guide--never intrusive, always gentle and respectful of where we are, and filled with common sense and a touch of the glitter of grace". Dr. Doris Donnelly, Center for Spiritually, Note Dame, Indiana

Presence and Encounter

In this expanded edition of a spiritual formation classic, David G. Benner explores the twin themes of love and surrender as the heart of Christian spirituality. God doesn't want his people to respond to him out of fear or obligation, but invites us to enter into an authentic relationship of intimacy and devotion—by surrendering to love.

Surrender to Love

Spirituality has an indispensable role to play in the expression of our humanity. However, spiritual practices can sometimes make us less, not more, authentically human. We may be good Christians, but we aren't good human beings. How can we ensure that our spiritual journey is conducted in a way that allows us to become fully alive and deeply human? David Benner has spent thirty-five years integrating psychology and spirituality. Here he presents an expansive, psychologically informed understanding of spirituality, probing the contrasts

between soulful and soulless spirituality, deep and shallow religion, and healthy and unhealthy relationships with God to affirm the vital role of human development in the spiritual journey. Benner then suggests soulful practices for cultivating the Christian spiritual life. This book will appeal to readers seeking depth and substance in their quest for authentic spirituality. It will also be a helpful resource for mental health professionals and spiritual directors. Reflection questions and exercises for individual or group use are included at the end of each chapter.

Tending to the Holy

Lectio Divina: Contemplative Awakening and Awareness offers a unique prayer resource that provides a thorough grounding in the different moments of the lectio experience: listening, reading, savoring, responding, and then contemplating God's Word. It will act as a guide for those who have a desire to pray more deeply into this ancient practice and invites readers into a spirituality that encompasses a way of being with God and the whole of life. Lectio Divina, grounded in Benedictine tradition, provides an accessible approach to praying with scripture as well as several concrete and creative ways of praying lectio with different "texts" such as poetry, icons, and movies. The book also explores ways of bringing lectio into scripture study and integrating lectio into busy lives. It concludes by offering the reader an exploration of the transformational value of lectio divina and a way of using lectio to pray with life experience.

Praying the Word

Most Christians want to experience spiritual transformation. But many are frustrated by the limited progress of our spiritual self - improvement efforts. We find our praying burdened by a sense of obligation and failure. But prayer is not merely something we do; prayer is what God does in us. Prayer is not just communication with God; it is communion with God. As we open ourselves to him, God does the spiritual work of transformation in us. Spiritual director David Benner invites us to discover openness to God as the essence of prayer, spirituality and the Christian life. Prayer is far more than saying words to God; all of life can be prayer when offered to God in faith and with openness. Using the four movements of Lectio Divina, Benner explores prayer as attending, pondering, responding and being. Along the way he opens us to a world of possibilities for communion with God: praying with our senses, with imagination, with music and creativity, in contemplation, in service and much more. Learn how prayer can be a way of living your life. Move beyond words to become not merely someone who prays, but someone whose entire life is prayer in union with God.

Too Deep for Words

In the expanded edition of this profound exploration of Christian identity, David G. Benner illuminates the spirituality of self-discovery. He exposes the false selves that you may hide behind and calls you to discover the true self that emerges from your uniqueness in Christ. Deepen your experience of God through discovering the gift of being yourself.

Welcome to the Bible

David Foster is a Benedictine Monk of Downside Abbey and chaplain to Downside School. He has always been concerned to bring the riches of the monastic tradition to lay people as they struggle to live the Christian life in the modern world. Lectio Divina or the art of spiritual reading is an art which is all but lost outside monastic communities. But following St Benedict's opening command in his Rule to 'listen', attending to the word of God through the printed text is an art which needs to be rediscovered in a world in which we are surrounded by a cacophony of sound and noise. David Foster has written a masterly guide to this art.

Opening to God

This volume offers a comprehensive intellectual and experiential introduction to Christian spirituality. It embraces spiritual traditions from the Patristic period to the present day. Part I, "The Roots of Contemporary Western Spirituality," covers spiritual types that have been fundamental in shaping spiritual practice. Part II, "Distinctive Spiritual Traditions," offers major introductory essays on spiritual traditions formed by such notable figures as Luther, Wesley, Ignatius, and John of the Cross, as well as ecclesiastical traditions such as Anglicanism. Part III, "The Feminine Dimension in Christian Spirituality," is devoted to Marian Spirituality, holy women, and feminism. Each of the fourteen chapters is followed by a practicum which enables readers to assimilate the practice prescribed into their own devotional life .

Praying Scripture for a Change

A wide-ranging book that will make churches re-think the way they engage young people in worship. A must for every church youthworker, covering creative approaches to liturgy, new forms of worship, and spirituality.

Soulful Spirituality

Being human is a lifelong journey of becoming. This journey defines our humanity, for it is a journey toward our source and our fulfillment, described in Christian theology as union with God. If we remain open to God as our sense of self awakens, we experience a deeper consciousness of being in him. The self that emerges during this process is larger, more enlightened, and whole. David Benner, who has spent thirty-five years integrating psychology and spirituality, presents psychological insights in a readable fashion to offer readers a deeper understanding of the self and its spiritual development. Drawing on a broad range of Christian traditions, Benner shows that the transformation of self is foundational to Christian spirituality. This book will appeal to readers interested in a psychologically grounded, fresh exploration of Christian spirituality; professionals engaged in pastoral care, counseling, and spiritual direction; and students in ministry development and spiritual formation courses. Questions and answers for individual or group use are included at the end of each chapter.

Lectio Divina--the Sacred Art

God is already at work in your life--whether or not you recognize it. Most people are too busy to see or hear God and most Christians lack the intentional practice of listening to the stories of outsiders. In *Echoing the Story*, Brady Bryce provides a simple way for people to come together and tell the scattered stories of their lives in order to imagine them as part of a bigger story. His innovative, narrative approach invites curious skeptics, casual followers of God, and committed disciples of Jesus into community through listening to shared stories. If you are interested in exploring the entire story of the Bible, if you wonder how its stories fit together, or if you simply want to experience God in the ordinariness of your life, then this reliable guide can lead you in listening to the echoes of God. Part spiritual formation, part discipleship, part journey through the Bible--this guidebook is an experience in hearing the word of God in life. You can learn the skill of echoing the story through listening in this informative, experiential, and missional process. As participants in the story we can begin to imagine our everyday lives as stories oriented toward God.

Echoing the Story

In 2012, media outlets from CNN to EWTN announced that Leah Libresco, a gifted young intellectual, columnist, and prolific blogger on the Atheist channel on Patheos, was converting to Catholicism. In *Arriving at Amen*, Libresco uses the rigorous rationality that defined her Atheism to tell the story behind that very personal journey and to describe the seven forms of Catholic prayer that guided her to embrace a joyful life of faith. As a Yale graduate, Libresco launched her writing career by blogging about science, literature, mathematics, and morality from a distinctively secular perspective. Over time, encounters with friends and associates caused her to concede the reasonableness of belief in God in theory, though not yet in practice. In *Arriving at Amen*, Libresco uniquely describes the second part of her spiritual journey, in which she encountered God through seven classic Catholic forms of prayer—Liturgy of the Hours, lectio divina, examen, intercessory prayer, the Rosary, confession, and the Mass. Examining each practice through the intellectual lens of literature, math, and art, Libresco reveals unexpected glimpses of beauty and truth in the Catholic Church that will be appreciated by the curious and convinced alike.

Praying the Bible

Saints of the past can't seem to say enough about their ecstatic experiences with the words of Scripture. The writer of Psalm 19, for example, can hardly contain himself as he exclaims that God's words and ways have revived his soul, made him wise, brought joy to his heart, given him clarity and correct perspective on his life, and warned him of danger. Why should our experiences of the Bible today fall short of this standard? What are we missing? Spiritual formation experts James Wilhoit and Evan Howard argue that our ancestors in the faith responded to the special nature of Scripture with special habits of reading. In this step-by-step introduction to the practice of lectio divina, you will learn what it means to read your way into a new and life-changing intimacy with God. Their simple, easy-to-follow explanation of this ancient practice provides a perfect foundation for you to begin meeting God in his Word as you: read, meditate, pray and contemplate.

Discover a new experience of God's Word--one that leads you to experience more of God himself.

Discovering Lectio Divina

Becoming fully human is a lifelong journey. It can also be an incredible adventure. Here internationally respected depth psychologist, spiritual guide, and personal transformation coach David Benner explores the mysteries of human being and becoming. Drawing on insights from science, philosophy, and forty years of experience integrating psychology and spirituality, he presents concrete steps for living in ways that move us toward wholeness. He also draws on mysticism, the perennial wisdom tradition, interfaith dialogue, and the contemplative Christian tradition, developing a robust spirituality that reveals how we can align ourselves with God's presence in the world.

Reading with God

Spiritual director David Benner invites us to discover openness to God as the essence of prayer, spirituality and the Christian life. Using the four movements of lectio divina, Benner explores prayer as attending, pondering, responding and being. Along the way he opens us to a world of possibilities for communion with God: praying with our senses, with imagination, with music and creativity, in contemplation, in service and much more.

The Geography of God's Incarnation

Lectio Divina: Contemplative Awakening and Awareness offers a unique prayer resource that provides a thorough grounding in the different moments of the lectio experience: listening, reading, savoring, responding, and then contemplating God's Word. It will act as a guide for those who have a desire to pray more deeply into this ancient practice and invites readers into a spirituality that encompasses a way of being with God and the whole of life. Lectio Divina, grounded in Benedictine tradition, provides an accessible approach to praying with scripture as well as several concrete and creative ways of praying lectio with different "texts" such as poetry, icons, and movies. The book also explores ways of bringing lectio into scripture study and integrating lectio into busy lives. It concludes by offering the reader an exploration of the transformational value of lectio divina and a way of using lectio to pray with life experience.

Lectio Divina

Practicing lectio divina. Saint John of the Cross based his teaching of lectio divina on two major sources of spirituality: the Ladder of Monks, Guigo II's classic on the subject and the Rule of Carmel. From the first he received the structure: reading, meditation, prayer and contemplation, and from the second the conditions and inspiration: "Each one of you is to stay in his own cell or nearby, meditating the Lord's law day and night (cf. Psa 1:2; Jos 1:8) and vigilant in prayer (cfr Eph 6:18)."

Arriving at Amen

Examines the practice of lectio divina in the Benedictine tradition, looking at its history and theology, and applying traditional imagery as a guide to reading the sacred texts

Lectio Divina

The stories of Jesus, placed in the context of the familiar and factual, are filled with metaphors that audiences can understand and appreciate. Metaphors not only inform and persuade, but also fire up readers' imaginations and get them involved as participants. Humans are primed to think and feel metaphorically, and so *Garden of the Soul* aims to metaphorically explore five landscapes that feature prominently in the Bible. Each metaphorical landscape throws light on an aspect of spiritual life. The bountiful garden speaks of growth, the flowing river calls for unceasing prayer, the raging sea mirrors the turbulence of a journey of faith, the barren desert transforms by emptying life's clutter, and the high mountain challenges readers to scale its peak to glimpse a transcendent vision of God. This book will inform, enrich, and challenge readers' spiritual lives throughout their journey from garden to mountain.

Youth Handbook

In the Gospel of John Jesus directs us, Abide in me, as I abide in you. This book is an invitation to make the Word of God your home through the practice of lectio divina. Macrina Wiederkehr, OSB, encourages you to turn the words of Scripture over in your heart as a plough turns over the soil to welcome the seed. In these scriptural meditations, the piercing reflective questions and personal prayers lead the reader into a deeper relationship with the Divine. Aware that drawing near the Word of God requires a special kind of presence, the author invites you to breathe in the Word, wait before the Word, walk through the pages of Scripture as a pilgrim, and, finally, abide in an intimate and transforming communion with God. The format of the book lends itself not only to daily personal prayer and reflection, but to group faith sharing as well. Macrina Wiederkehr, OSB, author of the popular *A Tree Full of Angels* (HarperCollins) and *Seven Sacred Pauses* (Ave Maria), is well known for her creative spiritual writings and retreat ministry. She is also a regular columnist for *Stepping Stones*, the Little Rock Scripture Study newsletter. She has lived monastic life for fifty years and makes her home with the Sisters of St. Scholastica, a Benedictine monastery in Fort Smith, Arkansas. Writing and retreat ministry have become a part of her evolving call. Visit her personal blog at <http://macrina-underthesycamoretree.blogspot.com/>.

When God Speaks: Lectio Divina in Saint John of the Cross, the Ladder of Monks and the Rule of Carmel

The most vital and significant moments in life are moments of encounter. Whether we encounter ourselves, others, or God, these moments let us know that life is meaningful. And presence is what makes encounter possible. When we are truly present, everything that has being becomes potentially present to us. In this unique resource, David Benner invites us to live with more presence so we can know the presence of God more deeply in our lives. Drawing on over thirty-five

years of experience integrating psychology and spirituality, Benner examines the transformational possibilities of spiritual presence and encounter in fresh, exciting, and practical ways. He helps readers understand the personal and interpersonal dimensions of presence and encounter, revealing how they mediate Divine Presence and serve as sacraments of everyday life. His rich meditations are presented in a voice that is intelligent, compassionate, and engaging. The book includes end-of-chapter reflection exercises for individual or group use and a foreword by Richard Rohr.

Discovering Lectio Divina

How do I find fulfillment in life? How do I obtain happiness? Despite a multitude of self-help books in recent years, these eternal questions have become increasingly urgent in today's directionless world. Author Jacques Philippe provides some answers. In his new book, *Called to Life*, he explains that a complete and fulfilled life is much more assured when we stop trying to chart our own course, when we realize that we are essentially creatures called by God. He goes on to describe where and how these calls take place: the events of life, the Word of God in Scripture, and interior motions of the Holy Spirit. Learning to recognize and follow these calls is what leads to a happy and full life. *Called to Life* includes a special section on how to read Sacred Scripture prayerfully (Lectio Divina), making this a timely source of inspiration and guidance following up on the recommendations of Pope Benedict XVI and the 2008 Synod of Bishops on the Word of God.

Conversing with God in Scripture

If you're looking to learn how to get the most out of prayer, this book is indispensable. As St. Augustine notes, "When we pray, we speak to God; when we read Scripture, God speaks to us." The key to enriching our prayer is learning the language of Christianity, and the most effective way to learn the language of Christianity is an ancient technique known as *lectio divina* ("divine reading"). In these pages, you will learn: How God speaks directly to each of us in Scripture. How to overcome the obstacles to a consistent and fruitful prayer life. Why the fourfold method of *lectio divina* leads us directly into the heart of contemplative prayer. Strategies for reading — and praying — the Bible fruitfully. What Christian meditation is and how it differs from non-Christian approaches. How everyone — not just saints and mystics — can truly reach mystical union with God. In this succinct book, Catholic theologian and biblical scholar Dr. Tim Gray walks you through the Bible and the wisdom of the saints to reveal the practical steps of this great treasure of our Tradition. Learning the simple steps of *lectio divina* will provide a practical and effective way for you to enhance your prayer life through the power of God's Word.

Spirituality and the Awakening Self

Discover God's spirit alive in you with *lectio divina*. Using stories, wisdom, and insight gathered from many years of ministry, Sister Tasto shows, step-by-step, how to make this ancient prayer practice our own so we can become the Word of God we are meant to be.

Lectio Divina

Break open this ancient contemplative practice of listening deeply for God's voice in sacred texts. Drawing on her own experience as a monk in the world, Christine Valters Paintner introduces the foundations for a practice of lectio divina. She closely examines each of the four movements of lectio divina as well as the rhythm they create when practiced as a process.

Opening to God

Lectio divina is a practice of Scripture reading that treats the Bible not only as a text to be examined, but also as the living Word of God spoken anew to us. Traditionally, Lectio Divina has four separate steps: read; meditate; pray; contemplate. Experienced Bible teacher Jan Johnson presents forty Scripture meditations organised topically, giving us the tools we need to practice Lectio Divina on our own. Each meditation can be used both individually and in group settings, and includes: An introduction to the meditation encouraging a time of quiet preparatory exercise; the complete passage from Scripture with explanations, context, and background to the text, help to enter and absorb the text; space to contemplate the passage, respond to God in prayer and rest in his presence; and an exercise to implement the ideas of the passage in our daily lives. Meeting God in Scripture moves us beyond merely understanding what the text meant in its original context to a direct spiritual encounter with Christ.

Lectio Divina

Scripture brings the Word of God to us when we read and welcome it in faith as the Word which comes from God and leads to God. Scripture is the means by which we live in God. The ancient monastic (and patristic) way of reading Scripture involves reflection (meditation) and prayer. It is listening to the Word, allowing the Word to become active in our lives. It is, in the words of Saint Jerome, 'opening our sails to the Holy Spirit without knowing on what shores we will land.'

An Open Place

Adele Calhoun's Spiritual Disciplines Handbook has become a standard for those who want to expand their knowledge of spiritual practices. Now this beloved resource has been revised throughout and expanded to include thirteen new disciplines along with a new preface by the author, giving us practical guidance in our continuing journey toward intimacy with Christ.

Sacred Reading

Today, the Church is experiencing a revival of interest in the Bible. The knowledge and practice of lectio divina are becoming more widespread, not only in monastic and religious communities, but also among all the people of God. Archbishop Magrassi's book is a classic on the subject. It introduces us to an atmosphere of faith in which the Church, for twelve centuries, was nourished on the Word of God. Out of his vast knowledge of the Fathers and medieval monastic authors, Magrassi

has created a synthesis of the elements that make up the unique and singular experience of lectio divina.

Human Being and Becoming

Saints of the past can't seem to say enough about their ecstatic experiences with the words of Scripture. The writer of Psalm 19, for example, can hardly contain himself as he exclaims that God's words and ways have revived his soul, made him wise, brought joy to his heart, given him clarity and correct perspective on his life, and warned him of danger. Why should our experiences of the Bible today fall short of this standard? What are we missing? Spiritual formation experts James Wilhoit and Evan Howard argue that our ancestors in the faith responded to the special nature of Scripture with special habits of reading. In this step-by-step introduction to the practice of lectio divina, you will learn what it means to read your way into a new and life-changing intimacy with God. Their simple, easy-to-follow explanation of this ancient practice provides a perfect foundation for you to begin meeting God in his Word as you: read, meditate, pray and contemplate. Discover a new experience of God's Word--one that leads you to experience more of God himself.

The Gift of Being Yourself

New Episcopalians may be nervous about opening the Bible; others simply don't know how to begin. An often-overlooked gift of the Episcopal Church is that the texts and doctrines of the Bible are embedded in its prayers, liturgies, and creeds. Making that knowledge explicit and placing it in context can open the way for further study.

Called to Life

This book responds to the movement to expand spiritual direction beyond the classic one-with-one model. Group spiritual direction has the potential to offer the rich experience of individual spiritual direction to a much wider audience, yet very little has been written to provide guidance for starting such groups. This book responds to that challenge. It outlines ways that a diverse and ecumenical group of spiritual directors worked to initiate groups in multiple contexts. It examines the many variables—among directors, directees, even meeting spaces— that affect and enliven this ministry. And it summarizes pitfalls, successes, and discoveries.

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