

## A Way Into Reading The Bible

One of the constant themes in our articles of interest is "to encourage people to trust their instinct and look for creative ways to pray with God.

An ancient approach that never dies (so must be pretty good) is Lectio Divina. Hang on - don't panic - it just means "a way to read the Bible". Now you can panic! Game to try it? You do it every time you come to Mass.

OK find your bible. Best start with a familiar passage like something from a Gospel, say Matthew. A piece of Chapter 8 perhaps. How about 8/21-27. The calming of the storm or one of the other miracles in Chapter 8. Or you could start with a couple of your favourite gospel bits.

Now the good news is that the method is flexible. Do it on your own, as a family (stretching a friendship?) a group of friends. I've heard of a couple of groups doing "Lectio" on "Zoom" (the wonders...). How long? As long as you like! 5, 10, 20, 30 ... minutes (not seconds!) A suggestion is to try to judge a time of likely less distraction (are you able to turn off phones?) and not 5 minutes before your favourite TV show.

A method: Read the chosen passage (out loud if possible/practical) - (don't do it in the supermarket you'll get so distracted you may forget to "social distance!").

Then re-read either the whole passage or stop at a sentence, phrase or word that strikes you. "Chew over" the word. Ask questions such as "What is it saying to me at this time? What is happening inside me for this bit to stand out? Handy to have a biro and paper near. Writing can be helpful.

Then ask "What might God be saying to me at this time?" Is this the scary part? Take some time ("My mind always goes all over the place"?). Yes so does everyone's we are told so don't panic! Just sit and give God some time to use as God wants.

Lastly an action may come to mind. Ring, write, go, see, cook casserole..... Then say *thank you* to the holy spirit and feel happy, frustrated, encouraged or ..

So feel free to use any or all of these steps.

Another possible "method". "La Verdier's method" - refer to this link:  
[La Verdier's Method](#)

Or Mr Google has plenty of suggestions.

In this corona time use it as an opportunity to try something different.

Fr Gerry