



Lectio Divina  
*Seeking the Mind and Heart  
of Christ*

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I. Baptism: Our True Identity  
in Christ

- united to crucified, risen Christ
- death of *old self* (with original sin)
- rising to new life with Christ
- *a new creation*
- membership in Christ's body, (the Church)
- sharing in Christ's holiness

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I. Baptism: Our True Identity  
in Christ (cont'd)

*...you have died, and your life is hidden with  
Christ in God. (Col 3,3)*



*...if anyone is in Christ [s/he] is a new creation:  
everything old has passed away; see,  
everything has become new! (2Cor 5,17)*

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## II. Beatitudes: Guide for Life in Christ

- Poor
- Mourning
- Meek
- Hungering, thirsting for righteousness
- Merciful
- Pure of Heart
- Peacemakers
- Persecuted for righteousness' sake
- Peseouted, slandered on Christ's account



*The Beatitudes are the "heart of Jesus' preaching." (CCC 1716)*

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## III. Challenges to Life in Christ

### Life in the World

- Post-Christian Culture: Anti-Gospel, anti-life
- Gossip, judgemental attitudes, resentment, vengeance, violence, hatred
- Illness, poverty, despair
- Impurity, defilement of sacred gift of body and sexuality
- Addictions: drugs, alcohol, pornography
- Culture of death: abortion, euthanasia, war
- Suffering

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## IV. Responding to Challenges

### **God's Initiative: A Life of Grace**

*Sacraments: Our Encounter With Christ*

### Confirmation

- gifts of Holy Spirit to live out Baptism

### Eucharist

- Our spiritual nourishment to live as members of Christ's Body (as a *new creation*)

### Reconciliation

### Sacrament of the Sick

### Holy Matrimony

### Holy Orders




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### IV. Responding to Challenges (cont'd)

#### Other Encounters With Christ:

Prayer and Pious Practices, Serving the Poor, Charity (self-giving love), Almsgiving



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### V. Lectio Divina: Encountering Christ in His Word

#### 1. No one comes away unchanged after encountering Jesus

- John the Baptist in mother's womb
- Zacchaeus
- Rich young man
- Woman at the well
- Mary Magdalen
- Peter, after putting out into the deep
- Pontius Pilate
- Roman centurion at crucifixion

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### V. Lectio Divina: Encountering Christ in His Word (cont'd)

#### Responses to Encounter:

- Change of heart/repentance/conversion
- Comfort, rest, healing
- Mourning, grief, but peace

Or

- Hardening of heart, unwillingness to let-go

Jesus' message: *Repent and believe the Good News!*

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### VI. Lectio Divina: Shaping and Directing our Life in Christ

“Indeed, 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)

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### VI. Lectio Divina: Shaping and Directing our Life in Christ (cont'd)

Starting the day with Christ in His word:

Some Suggestions:

- Use Gospel/readings of the day
- Begin with a prayer asking for Holy Spirit's guidance
- Read, pause, listen to your heart (repeat 2-3x)
  - let a word/phrase sink in
  - let reading/Christ speak to **me**

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### VI. Lectio Divina: Shaping and Directing our Life in Christ (cont'd)

Follow your heart and let it rest where God's word takes you:

- » Repentance
- » Joy
- » Comfort
- » Thanksgiving
- » Weeping
- » Contemplation
- » Rest in Christ



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VI. Lectio Divina: Shaping and Directing our Life in Christ (cont'd)

After a suitable time, *give thanks* for what you have received.



Perhaps a *resolution* or *request* for increased faith, love is in order.

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VI. Lectio Divina: Shaping and Directing our Life in Christ (cont'd)

Lectio Divina and Daily Life

Word of God becomes a **point of reference**

- reminder I am member of baptized
- purifies (re-orders) our thoughts, words, actions, hearts to the Gospel's vision



Never underestimate power of Christ in His word!

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VI. Lectio Divina: Shaping and Directing our Life in Christ (cont'd)

Lectio Divina and Daily Life

Think of it as...

- A kind of spiritual rumination throughout the day (like cud for the cow, but better :).
- A book-end to begin your day.
  - personal prayer during day (e.g. Rosary)
  - 5 min. spiritual rdg. in evg. to end

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VI. Lectio Divina: Shaping and Directing our Life in Christ (cont'd)

Lectio Divina and Daily Life

Helps us to live as..

- Salt: to bring the Gospel's flavour to all we do and everyone we meet
- Light: to illumine the areas of our lives that need conversion; to bring hope and joy to the world.
- Yeast: to raise up what is fallen in mediocrity, despair, moral indifference.

**transforming our hearts and relationships  
one person at a time**

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VI. Lectio Divina: Shaping and Directing our Life in Christ (cont'd)

Lectio Divina and our Eucharistic Life

All that we are and become, all those we love and care for, all our joys and sorrows:



All is brought to the altar with the gifts of bread and wine to be transformed and re-presented to the Father with the crucified and risen *Word made flesh* (Christ). We go out renewed to serve God and neighbour in Christ.

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VI. Lectio Divina: Shaping and Directing our Life in Christ (cont'd)

Scripture Quotes to Reflect On:

*For as the rain and snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, **so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.** (Is 55:10-11)*




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VI. Lectio Divina: Shaping and Directing our Life in Christ (cont'd)

Scripture Quotes to Reflect On:

Your word is a lamp to my feet, and a light for my path (ps. 119: 105)

The light shines in the darkness, and the darkness has not overcome it. (Jn 1:5)

Fear not, I have conquered the world (Jn 16:33)

See, I am making all things new. (Rev 21:5)

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VI. Lectio Divina: Shaping and Directing our Life in Christ (cont'd)

Scripture Quotes To Reflect On:

*A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances. Then you shall live in the land that I gave to your ancestors; and you shall be my people, and I will be your God. (Ez 36: 25-28)*

*Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect. (Rom 12:2)*

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VI. Lectio Divina: Shaping and Directing our Life in Christ (cont'd)

**Let the same mind be in you that was in Christ Jesus, who, though He was in the form of God, did not regard equality with God something to be exploited, but emptied himself... humbled himself and became obedient to the point of death – even death on a cross. Therefore God highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend...and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. (Phil 2:4-9)**



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