

TRANSFORMATIONAL READING

A Model*

The Nature of Transformational Reading (Lectio Divina)

“One of the primary purposes of spiritual reading (is) to allow the text to have control over us and become a place of encounter with God. Instead of the text being an object controlled by us, the text becomes the subject; we in turn, become the “object” addressed by God through the text” (Invitation to a Journey, p.111).

Steps in Transformational Reading

John Wesley, “(Come to the text) with a single eye to know the whole will of God, and a fixed resolution to do it.”

READY (Silencio)

- ◆ Inner shift from control to receptivity...from information to formation

READ (Lectio)

- ◆ Reading the text to hear from God

REFLECT (Meditatio)

- ◆ Processing the text
- ◆ Seek understanding through reflection and study

RESPOND (Oratio)

- ◆ Response to God from the heart
- ◆ Pour out your heart in prayer
- ◆ Express your feelings, needs, desires, and convictions

RECEIVE (Contemplatio)

- ◆ Yielding and waiting upon God
- ◆ Listening for the Spirit to speak

RETURN (Incarnatio)

- ◆ Put it into practice

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READY (Silencio)...*Inner shift from information to formation*

READ (Lectio)...*Reading the text to hear from God*

REFLECT (Meditatio)...*Process the text - seek understanding through reflection and study*

RESPOND (Oratio)...*Respond to God from the heart- feelings, needs, desires, and convictions*

RECEIVE (Contemplatio)...*Yield and wait on God and listen for the Spirit to speak*

RETURN (Incarnatio)...*Put it into practice*
