

# PART THREE: UNDERSTANDING THE BIBLE

## CHAPTER 5 LECTIO DIVINA

The Church invites all Christians to read the Bible:

“The sacred synod also earnestly and especially urges all the Christian faithful... frequent reading of the divine Scriptures...

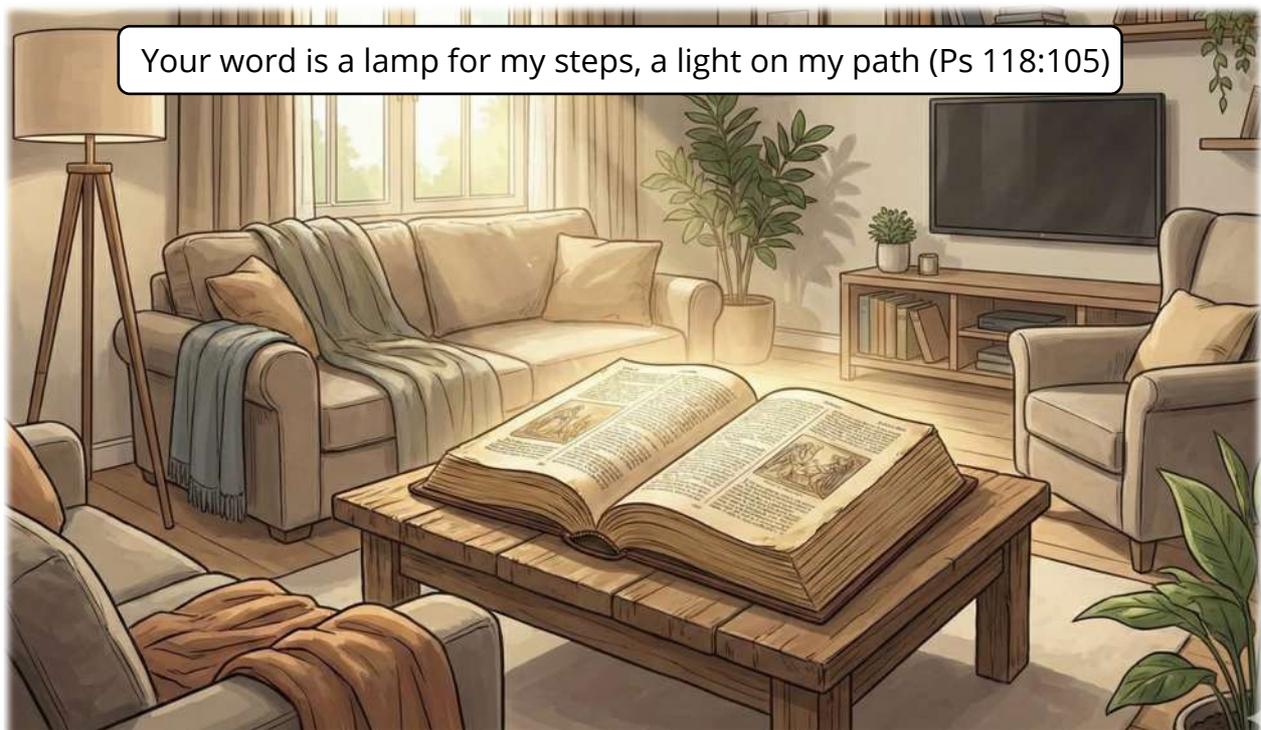
For ignorance of the Scriptures is ignorance of Christ.”

(SECOND VATICAN COUNCIL, Dei Verbum 25)

Christians have to give a lot of importance to the Bible. The reason is simple: **It is the Word of God!** We should imitate the saints: they had a great appreciation for Holy Scripture. It is said of St. Francis of Assisi that, although he lived in a spirit of absolute poverty, if he happened to find a leaf torn from a Bible, or some brief fragments, he collected it with great care and respect in view of the veneration we owe to the Bible.

When I hear a Christian say, "God doesn't speak to me," I think, "What do you mean He doesn't speak to you? God has sent us a precious letter of more than a thousand pages, with extraordinary richness, so that we can find answers, light and comfort according to the different circumstances of our lives. What about your Bible? Where is he? Do you even read it? Do you trust and believe in what it says?"

All Christians should have a Bible at home, in a preeminent, open place, as a sign that we want and desire that the Word of God be the one to guide our lives.

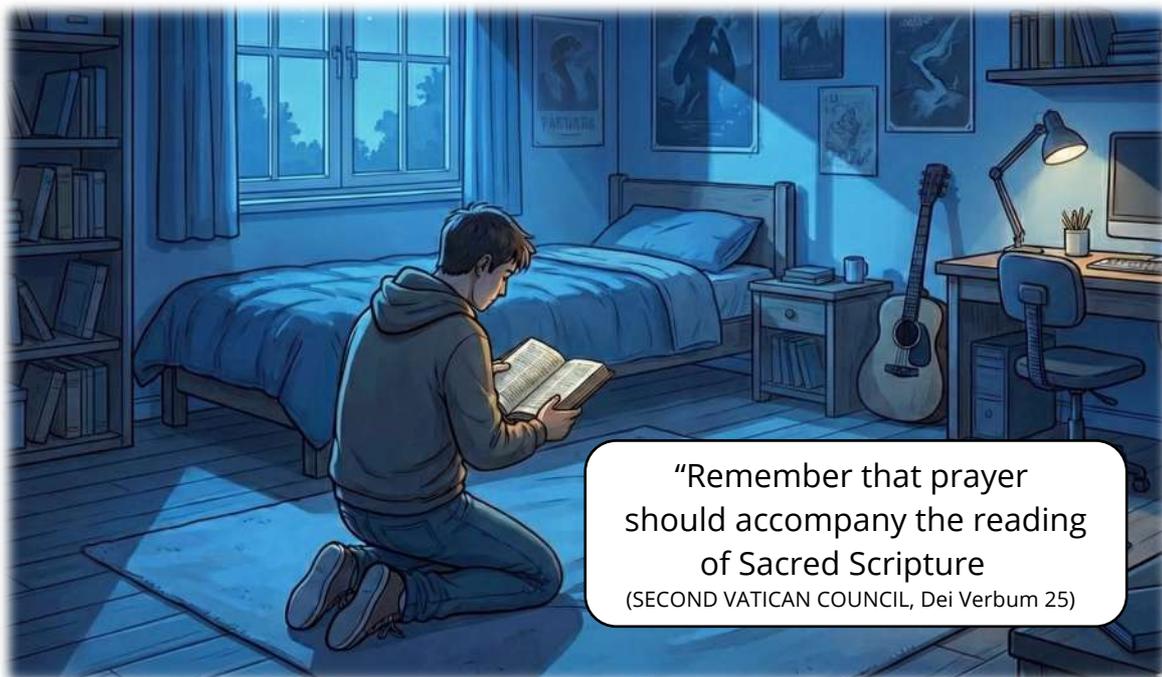


Your word is a lamp for my steps, a light on my path (Ps 118:105)

I take this opportunity to answer a question that many believers often ask themselves: "Where do I start reading the Bible?" The answer is simple: start first with the four Gospels. Then it continues with the Acts of the Apostles, the letters of St. John, the letters of St. Paul and the rest of the apostolic letters. You can alternate this with praying with the psalms. Then you could continue with books from the Old Testament (starting with the historical books). If you take a specialized Bible course, everything will be easier.

I recommend the "Bible Course to deepen faith" that you can find, for free, on the website: [www.consagracionlavirgen.com](http://www.consagracionlavirgen.com) (in the *Online Courses* section)

It is not enough for a Christian to read the Bible. We must pray with her.



“Remember that prayer should accompany the reading of Sacred Scripture  
(SECOND VATICAN COUNCIL, Dei Verbum 25)

There are many ways to do this. The best of all is the so-called *lectio divina*, which consists of meditating on a text of Sacred Scripture. It can be done, for example, by following these simple steps:

- 1.-Choose a quiet place (for example: your own room).
2. Ask the Holy Spirit for light to better understand the Sacred Scriptures.
- 3.-Read a text from the Bible.
- 4.-Reflect: "What does the text say?"
- 5.-Then reflect: "What does the text say to me?"
- 6.-Talk to the Lord.
- 7.-All this should take you about 15 minutes.

You can also use books that contain parts of the Bible along with some texts that help meditate on them