

# Praying the Word

Scripture brings us God's Word when we read and welcome it in faith as the Word that comes from and leads to God. Scripture is the means by which we live in God. The ancient monastic and patristic way of reading Scripture is a journey of reflection, meditation and prayer. It is listening to the Word and allowing it to take hold of and permeate our lives. It is, in St. Jerome's words, 'opening our sails to the Holy Spirit without knowing on which shores we will land.'

Enzo Bianchi, *Praying the Word: An introduction to Lectio Divina*, Cistercian Publications, Kalamazoo, 1998.

Translated from the Italian *Pregare la Parola: introduzione alla 'Lectio Divina'*, 11th, revised edition, Piero Gribaudi, Turin 1992.