



*Discovering Lectio Divina: Bringing Scripture into Ordinary Life*

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## Leaders in Spiritual Formation Draw the Depths of Scripture into Everyday Life

In *Discovering Lectio Divina*, James C. Wilhoit and Evan B. Howard teach readers what *lectio divina* means and how it becomes a bridge between the inspired text of Scripture, the Christian reader and the Holy Spirit. “The authors befriend the Word in such a way that we become better friends of God and more committed members of our faith community,” says Susan Muto, author of *A Practical Guide to Spiritual Reading*. Throughout their delightful book, Wilhoit and Howard address basic questions surrounding this art of truly being with God.

- What does it mean to “meditate”? How can we do this with God?

*“The word meditation may sound a bit exotic. You might even wonder, ‘Is it okay to meditate?’ No worry, you are already doing it. While the Bible has a lot to say about meditation, it assumes that everyone meditates, just as it assumes that everyone worships. The Bible concerns itself with who or what we worship and with what we meditate about—directing our minds to Scripture, creation and redemption—but it assumes meditation rather than commands it.” (p. 77)*

- Why is contemplation an important part of the process of lectio divina?

*“When we meditate, we reflect; we gnaw on the text a bit. We take it into us by actively employing our thoughts and feelings. When we pray we communicate with God: asking for wisdom, listening for God’s voice, speaking back what comes to mind. When we contemplate during lectio divina, we rest, present with the God of the text. . . . Contemplation is a bit like bird watching; we can’t make the birds show up, but there are things we can do to encourage them. Likewise, there are things we can do to signal a mellowness of heart and an interest in doing business with God. We open our Bible. We make a habit of stilling our speech for a while. We wait in our silence for the silence of God to come. But in the end, God just comes.” (pp. 111, 118)*

- What makes this book unique among all of the other available spiritual formation resources?

*“Ours is unique in that it combines the ancient wisdom on lectio with Reformation and evangelical voices. It also is one of the few nontechnical books that is clearly grounded in historical studies and theological reflection.” (Wilhoit and Howard)*