



# Praying Scripture for a Change: An Introduction to Lectio Divina

*Tim Gray*

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## **Praying Scripture for a Change: An Introduction to Lectio Divina** Tim Gray

Many Christians find prayer difficult and, as a result, do not do much of it. The fact is, many simply do not know how to pray. Even St Paul notes this sad fact when, in Romans 8:26, he says, We do not know how to pray as we ought. In this short book, written for a popular audience by well-known Catholic biblical scholar Dr. Tim Gray, we discover the secret of the saints which can enable us to enter into a lively dialogue with God. Their secret: the ancient art of Lectio Divina (divine, or sacred reading), which is reading, meditating on, and praying the Scriptures. As St. Cyprian notes, Diligently practice prayer and lectio divina. When you pray, you speak with God; when you read [the Scriptures], God speaks to you. Here, we discover that we don't need a mystic gene or divine epiphany to hear God; we simply need to take up the Bible and read.

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