



DIOCESE OF ABERDEEN & ORKNEY

FROM ASHES TO FIRE: A JOURNEY FROM LENT TO PENTECOST

Thursday 22nd May 2025

Contemplative Act

On Thursdays during Lent to Pentecost the Ashes to Fire Course will offer a contemplative practice to try, experiment with or reflect on. This might be a way of prayer, a contemplative practice, a suggestion of places to pray, interactions with scripture or more.

Today's contemplative act is *Lectio Divina* and Dwelling in the Word. These are both ways of reflecting and engaging with scripture.



Lectio Divina is an approach to scripture that emphasises reading it prayerfully, slowly and with imagination. It's about the heart more than the head. There are four steps of *Lectio Divina* are: Read, Meditate, Pray, and Contemplate.

You read the passage, reflect on what strikes you - meditate, pray and contemplate.

Dwelling on the Word uses a similar process. Start with prayer inviting the Spirit to guide your attending to the Word of God. Read the passage out loud to the group. Now let some silence unfold as you let the words have their impact. Notice where your attention lingers. This might be a word or a phrase. Read the passage out loud once more. Describe what you heard in the passage. What captured your imagination in the passage and what would you like to find out more about?