

PRAYER METHODS - SCRIPTURES

CURSIVE MEDITATIVE READING

*Taken from the book "You Can Pray" of P. Ribes, s.j.
Published by the Gujarat Sahitya Prakas.*

(Ezek 3/2-3) "I opened my mouth, he gave me the scroll to eat and said: feed of it and be satisfied by the scroll I am giving you I ate it, and it tasted sweet as honey,"

Remarks:

- ✓ *Bible Cursive Meditative reading is an old and simple method to praying with the Scriptures.*
- ✓ *This method is **not a 'fast continuous' reading of the sacred text, but, a 'slow, continuous and prayerful reading' of the word of God.***
- ✓ *Whenever reading the Sacred Text, in view of meditating on it, you discover something in the text that strikes you in – a passage, a sentence or even a word – any item that rings a bell within you, pause, reflect and pray over it for an indefinite length of time, till you feel satisfied.*
- ✓ *Likewise, when an inspiring thought emerges in your mind, or a consoling feeling warms your heart, stop reading and stay with them till you feel contented.*
- ✓ *Then, reassume the reading at the point were you stopped.*
- ✓ *All in all, the New Testament text and the book of Psalms are more helpful for this method of prayer than the Old Testament.*
- ✓ *Reflective spiritual reading always enriches our prayer life.*
- ✓ *This method can be of great help when we find it difficult to pray, when we feel spiritually dry or in a state of desolation.*
- ✓ *The same method of meditative reading can be applied with profit to the classic spiritual writings of the past, to the liturgical texts and to sacred hymns*

Method:

- Decide the passage of Scripture from where you wish to start your meditative reading.
- Determine the length of time you intend spending in prayer, and stick to it.
- Quiet down. Relax.
- Invoke the help of the Holy Spirit.
- Begin reading slowly and attentively the chosen text, pause periodically to allow the words and phrases to strike you.
- When a thought or sentence or a word resonates deeply within you, pause, stay with it and allow it to penetrate your being.
- Reflect on it, ponder and apply it to your life. Relish it till you feel fully satisfied.
- Respond authentically to God in a colloquy or a prayer dialogue
- When you feel that you exhausted the matter, carry on reading the text.
- When the fixed time for meditation is over, end your exercise by reciting "The Our Father"

- You may recite or sing an appropriate Hymn or Psalm.

Next time you wish to use this method, take off from the point you stopped on the previous occasion