



# **Lectio Divina and the Practice of Teresian Prayer**

## **(An Ics Pamphlet)**

*Sam Anthony Morello*

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St. Teresa of Jesus is the Church's great teacher of prayer, and lectio divina, the ancient Christian approach to praying over the Scriptures, is among the Church's most venerable prayer methods. In this booklet, noted Carmelite retreat director Sam Anthony Morello shows how the tradition of lectio can assist us in following the Teresian way of prayer, and how in turn Teresa's insights and attitudes can enrich our contemporary practice of lectio. In clear and practical language, the author explains the fundamental ingredients of Teresian prayer, and relates them to lectio (reading), meditatio (meditation), oratio (prayer), and contemplatio (contemplation), the four traditional elements of lectio divina. A closing series of reflection questions make this an ideal introduction to Teresian prayer for both group discussion and individual study.



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