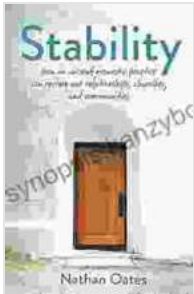


How an Ancient Monastic Practice Can Restore Our Relationships, Churches, and Communities: A Review of "The Sacred Pause"



Stability: How an ancient monastic practice can restore our relationships, churches, and communities

by Nathan Oates

★★★★☆ 4.9 out of 5

Language : English

File size : 3661 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 111 pages

Lending : Enabled



In a world increasingly characterized by fragmentation and isolation, The Sacred Pause offers a profound and timely antidote: the ancient monastic practice of lectio divina.

Lectio divina is a contemplative practice of reading, meditating, and praying with Scripture that has been practiced by monastics for centuries. While it may seem like a relic of the past, The Sacred Pause makes a compelling case for its relevance in our modern world.

The book is divided into three parts. In the first part, author Ruth Haley Barton introduces the practice of lectio divina and explains how it can help us rediscover the sacredness of our everyday lives. She writes, "Lectio divina is a way of listening to God's voice in the midst of our busy lives. It is a way of slowing down and paying attention to the presence of God in all things."

In the second part of the book, Barton explores how lectio divina can help us nurture our relationships. She writes, "Lectio divina can help us to see the people in our lives with new eyes. It can help us to understand their needs and to love them more deeply." Barton also discusses how lectio divina can help us to resolve conflict and build bridges between people.

In the third part of the book, Barton examines how lectio divina can help us create a more just and compassionate world. She writes, "Lectio divina can help us to see the suffering of the world with new eyes. It can help us to understand the root causes of injustice and to work for change." Barton also discusses how lectio divina can help us to build a more sustainable and environmentally friendly world.

The Sacred Pause is a beautifully written and inspiring book that offers a powerful antidote to the fragmentation and isolation of our modern world. It is a book that can help us to rediscover the sacredness of our everyday lives, nurture our relationships, and create a more just and compassionate world.

Key Features of Lectio Divina

- Lectio divina is a contemplative practice of reading, meditating, and praying with Scripture.

- It is a way of listening to God's voice in the midst of our busy lives.
- Lectio divina can help us rediscover the sacredness of our everyday lives.
- It can help us to see the people in our lives with new eyes and to love them more deeply.
- Lectio divina can help us to resolve conflict and build bridges between people.
- It can help us to see the suffering of the world with new eyes and to work for change.
- Lectio divina can help us to build a more sustainable and environmentally friendly world.

Benefits of Practicing Lectio Divina

The benefits of practicing lectio divina are numerous. Some of the benefits include:

- Increased spiritual awareness
- Deeper understanding of Scripture
- Improved relationships with others
- Greater compassion for the suffering world
- Increased sense of purpose and meaning

How to Practice Lectio Divina

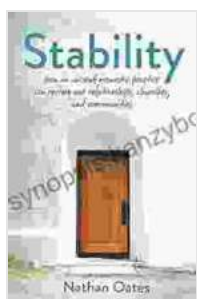
Lectio divina is a simple practice that can be done by anyone. To practice lectio divina, follow these steps:

1. Choose a passage of Scripture to read.
2. Read the passage slowly and attentively.
3. Meditate on the meaning of the passage.
4. Pray about the passage.
5. Reflect on how the passage applies to your life.

You can practice lectio divina for as little as 15 minutes each day. However, it is more beneficial to practice lectio divina for 30 minutes or more each day.

The Sacred Pause is a must-read for anyone who is looking for a way to deepen their spiritual life. It is a book that can help us to rediscover the sacredness of our everyday lives, nurture our relationships, and create a more just and compassionate world.

If you are interested in learning more about lectio divina, I encourage you to read The Sacred Pause. It is a book that will change your life.



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