



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

By Tim Gray

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### Praying Scripture for a Change: An Introduction to Lectio Divina By 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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### **Editorial Review**

#### **About the Author**

Dr. Tim Gray is the founder and president of the Augustine Institute, a dynamic graduate program in Sacred Scripture, evangelization, catechesis, biblical theology, systematic theology, and youth ministry in Denver. He is also professor of Sacred Scripture at St. John Vianney Theological Seminary. He holds a Ph.D. in biblical studies from the Catholic University of America and a Th.M. from Duke University. In addition, Dr. Gray has studied Hebrew at Hebrew University in Jerusalem.

His doctoral dissertation, *The Temple in the Gospel of Mark: A Study in its Narrative Role*, has been published by Mohr Siebeck and Baker Academic. Dr. Gray is the co-author (with Jeff Cavins) of *Walking with God: A Journey through the Bible* and the author of *Praying Scripture for a Change: An introduction to Lectio Divina*, *The Luminous Mysteries*, *Sacraments in Scripture*, and *Mission of the Messiah*. He is currently working on a commentary on the Gospel of Luke for the new *Catholic Commentary on Sacred Scripture* by Baker Academic.

A nationally-renowned speaker, Dr. Gray has filmed numerous series for EWTN. Pope Benedict XVI recently awarded him the Benemerenti Medal for outstanding service to the Church. He resides in Denver with his wife, Kris, and their son, Joseph.

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