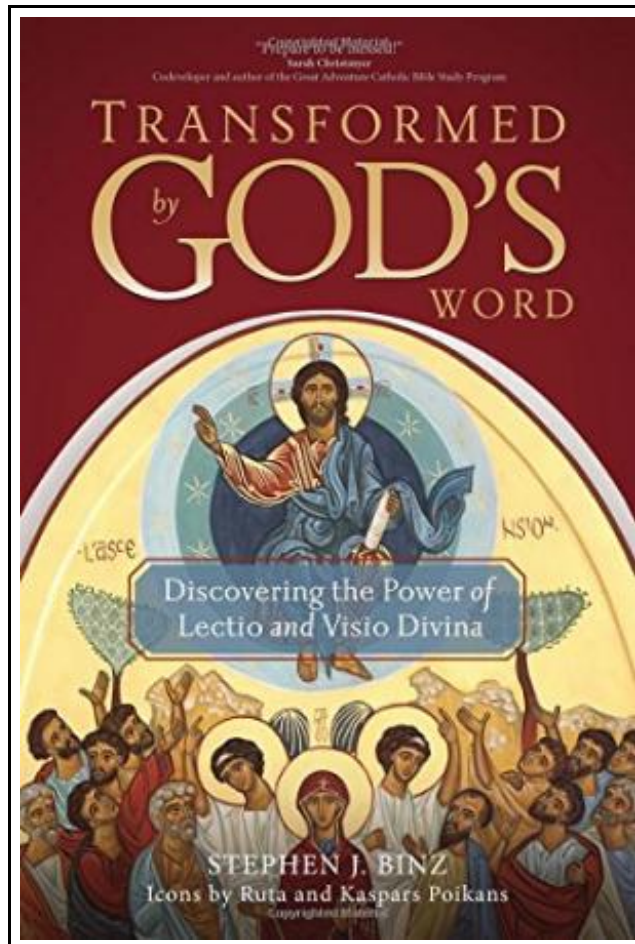


## Transformed by God's Word: Discovering the Power of Lectio and Visio Divina



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## TRANSFORMED BY GOD'S WORD: DISCOVERING THE POWER OF LECTIO AND VISIO DIVINA



Ave Maria Press, United States, 2016. Paperback. Book Condition: New. Ruta Poikans, Kaspars Poikans (illustrator). 228 x 152 mm. Language: English . Brand New Book. Bestselling author and biblical scholar Stephen J. Binz presents the first book to combine the ancient Western practice of lectio divina (sacred reading) with the lesser-known Eastern Orthodox tradition of visio divina (sacred seeing). Binz offers a life-changing way to pray through twenty gospel readings paired with beautiful, never-before-published contemporary icons. St. Benedict urged his followers to listen to God's Word with the ear of the heart. Eastern Orthodox spiritual writers focused on gazing at icons, as St. Paul said, with the eyes of the heart. Popular speaker and retreat leader Stephen J. Binz draws on the richness of both traditions by combining lectio and visio divina. Contemplation is more difficult than ever during this digital age and Binz offers a proven and profound way to cut through the noise and pray the gospels. He walks you through six steps: reading, seeing, meditating, praying, contemplating, and acting. Binz also provides simple suggestions for self-reflection that can lead to practical changes in your everyday life. The book's twenty Bible passages-starting with the Annunciation and ending with Pentecost-are paired with full-color icons of each story.



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