

Day Five: Musica Divina (Divine Music)

The practice of Musica Divina, Divine Music, is similar in practice to Lectio Divina, however instead of reading Scripture, we listen for God to speak to us through music.

As we journey through the valley of grief, each week's music will have some relationship to one of the stages of grief: denial, anger, bargaining, depression, and acceptance. Listen with God for how God may be revealing God's self to you and your grief in the music.

Entering into Musica Divina

This is a way of praying that starts with our silence. We often make the mistake of thinking prayer is only about what we say to God when it is actually a two way street. God wants to speak to us. Don't worry about what to say or if this process of silent listening feels strange and new. God is with us and is patient with us. God is near, waiting to speak to you.

Make sure you are sitting comfortably.

Breathe slowly and deeply.

Ask God to speak to you through the passage that you are about to read.

Listen

Play the piece of music once to enter into its landscape. Notice the sounds of the notes and silences between them, rest into the movement of the music. Be present to how it rises and falls in your body and imagination. Allow the music to fill you, breathing it in. Slowly become aware if there is a dominant sound or image or feeling that is calling to you in this initial experience. Rest with that image or feeling, taking it in and being fully present to it.

Ponder

Play the music a second time. This time while listening allow the sound or image or feeling that first called to you to draw you more deeply into the experience of it. Allow it to unfold in your imagination and notice what memories, feelings, images or other sounds are evoked. Notice how the experience of listening to the music touches you and how you might express that touch. Hold the awareness of how the music is flowing through you and what is being evoked.

Pray

Play the music a third time. This time focus on how your heart wants to respond. What is the invitation present in the unfolding of sounds, images, memories, and feelings for you today? How is God speaking to you in this moment through this music? When you finish considering the music, sit in silence and pray for the grace of the Spirit to plant this song and God's presence in it in your heart today.

Source material: <https://abbeyofthearts.com/blog/2006/10/11/lectio-divina-unleashed-part-four-music/>