

Lectio Divina

"A deep conversation with God"



To prepare for your Lectio Divina prayer time, create a focal point with a Bible (open at your reading) an icon, a candle and a cloth (liturgical colour)

- Give each person a copy of the chosen scripture, or have the Bible so all can view the chosen piece.
 - Begin with the sign of the cross and perhaps play some quiet music to begin your reflection.
 - Tell the group - 'You are going to be listening to some scripture and thinking about what it is saying to you. Try to listen carefully to the words and think about what God is trying to tell you.'
 - Read the scripture (not too quickly).
 - Say - 'Reflect for a moment upon the scripture you have just heard. Think which words and phrases are most important for you. Think about what God is trying to tell you through this scripture.'
 - Pause for a while to allow everyone to think and reflect.
 - Now ask someone to read the scripture for a second time.
 - Then invite people to share aloud the words or phrases that were important to them. Encourage each other to say why the words were chosen and why they have importance for a particular person.
 - Read the scripture for a third time. Pause at or use expression with the words and phrases people found important. You could even ring a little bell when the important words are spoken.
 - Play some quiet music for a while.
 - Say the closing prayer: Thank you God for allowing us to hear your Word and to become closer to you; may we take your Word and use it in our lives.
 - Finish with: 'Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.'
 - Leave the scripture available for reading later if you would like to.

 <p>1. Lectio</p>	<p><u>Read</u></p> <p>Read the scripture at least twice.</p>
 <p>2. Meditatio</p>	<p><u>Reflect</u></p> <p>Take time to think about the scripture.</p> <p>Answer the questions:</p> <p>What is happening?</p> <p>What do I see?</p> <p>Which words jump out at me?</p> <p>What does this passage say to me?</p> <p>What do I most need to learn from this scripture?</p>
 <p>3. Oratio</p>	<p><u>Respond</u></p> <p>Prayer. Have a conversation with God. What would I like to say to God? What question would I like to ask Him?</p>
 <p>4. Contemplatio</p>	<p><u>Rest</u></p> <p>Take this opportunity to rest with God and listen to Him. We try to listen to God. What change is the Lord asking me to do after hearing this scripture?</p>