

Lectio Divina

I. Purposes of this session:

- A. To open our hearts to God through “*lectio divina*” (divine reading) of the Scripture
- B. To share with each other what transpires for us during the divine reading.
- C. To practice leading and doing “*lectio divina*.”

II. Suggested procedure:

A. Opening (approx. 10 minutes)

1. **Light the candle** when all are gathered and follow the lighting with a short prayer or statement to remind us of God’s desire to be known by us and of God’s presence with us.
2. **Explain the process for the group time:** You will do “*lectio divina*” during this prayer time. The prayer time will include reading the text together as a group, praying silently with the text (*lectio divina*), and sharing what happened in their prayer time.
3. **Review “*lectio divina*” prayer.** Review the four parts of *lectio*:
 - ***lectio*** (read) - read the text slowly and stop wherever in the text you feel drawn, touched, the need to stay with, the need to consider.
 - ***meditatio*** (meditate) - consider that portion of the text, what it means particularly for you and your life at this moment.
 - ***oratio*** (speak) - talk to God, respond to what the text is saying to you, bring your concerns, questions, joys, desires, confessions, petitions to God.
 - ***contemplatio*** (contemplate) - be still, be with God without words, be present to God. (This last part may or may not happen. It is a wonderful gift when it does.)

B. Leading “*Lectio Divina*” (about 30 minutes)

Read the text aloud three times

1. **The first reading** is for the purpose of hearing a word or phrase that touches the heart. When the word or phrase is found, the hearer takes it in, gently recites it, and reflects on it during the silence that follows. After the silence, each person shares which word or phrase has touched his or her heart.
2. **The second reading** is for the purpose of "hearing" or "seeing" Christ in the text. Each ponders the word that has touched the heart and asks where the word or phrase touches his or her life that day. Then, after the silence, each member of the group shares very briefly what he or she has "heard" or "seen."
3. **The third reading** is for the purpose of experiencing Christ "calling us forth" into doing or being. Members ask themselves what Christ in the text is calling them to do or to become today or this week. After the silence, each shares for the last time, and the exercise concludes with open prayer within the group or a short closing prayer led by a leader.