

LECTIO DIVINA IN GROUPS

Notes for Leaders

Ask everyone to sit in a comfortable position

Invite them to relax, to sit straight and attentively.

Invite them to close their eyes; to become aware of their breathing – don't change it; just be aware of it, in the quiet.

Invite them to hand over their thoughts and problems to the Lord, for a little while; they are safe in His hands.

All together, make the Sign of the Cross. The Leader prays, on behalf of the group: "Lord to be with us. Speak into our minds and hearts, and bless this time we are spending with You and Your word. Amen"

Lectio – Reading

Invite everyone to read the passage to themselves, silently.

Invite someone to read the passage aloud. It is helpful to ask them beforehand, so they are prepared.

Invite people to underline or note down any words or phrases that stand out to them and to write down any questions they have.

Now, read the Lectio comments and reflect and how they are the same or different to your own.

Meditatio – Meditation

Invite people to spend some time, in silence, reflecting on the passage and the phrases that stood out for them or the questions that they had.

Next, invite people to share their reactions to the passage. The purpose of this is for the Lord to have an opportunity to speak to us through our brothers and sisters. It should build us up and enrich our experience. The Lord may have different things to say to each of us in this passage; what it means to one person may be quite different to what it means to another. What it means to one person may help another to understand what He is saying to them.

There is no requirement for agreement; disagreement about something is fine. This should not become a debate or argument.

You could start this section by asking, "What catches your attention in this passage?" and use one or two of the printed questions. Gently keep people's attention on the text and what God is saying.

Oratio – Prayer

Give people time for silent prayer before God. You may also give people the opportunity to pray aloud in their own words and use words from the Responsorial Psalm, if it feels the right thing to do. The aim is to help each person make a personal response to God during this time.

Contemplatio – Contemplation

This is an individual exercise and silence is necessary. Invite people to be still before God and invite Him in. Just be with Him; let Him love you and refresh your soul.