

RESOURCES

Small Group Prayer Resource

Lectio Divina

Appropriate for: Anyone

Good for: Developing the skill and practice of listening to God through his word.

Explanation and Background

Lectio Divina is Latin for 'divine reading'. It is a traditional Benedictine practice for meditation on God's word and prayer. It does not treat scripture merely as something to be studied, but recognises it as God's living and active word (Heb 4:12). As such it is an invitation for God to speak very personally to us (God's still, small voice). You provide the space and silence necessary for God to speak. God provides the inspiration. Lectio Divina follows the steps below...

INSTRUCTIONS

Choose a passage to reflect on. (Use the daily reading from a lectionary or the Scripture union site below).

- LECTIO: Meaning 'Read'. Read the passage slowly up to three times, pausing between each reading.
- MEDITATIO: Meaning 'Meditate'. In silence, focus on words or phrases from the reading that the Holy Spirit seems to be drawing your attention to. In silence repeat it to yourself and allow it to speak to you.
- ORATIO: Meaning 'Pray'. Let the words of the passage lead you into a response. Pray to God. The group can either do this out loud or in silence.
- CONTEMPLATIO: Meaning 'Contemplate'. Ask those who are willing to share with the group anything they've heard from God and why they think this is significant for them at this time

TO FINISH

To extend your time of prayer and worship you may ask the group to use parts of the text to praise and worship God.

AN ALTERNATIVE PATTERN:

The text is chosen and read three times, followed each time by a period of silence and an opportunity for each member of the group to share the results of his or her lectio.

- The first reading is for the purpose of hearing a word that touches the heart.
- The second reading is for hearing or seeing Christ in the text.
- The third reading is for hearing a word from Christ, calling us to do something or become something today or this week.
- The group close by praying for the person on the right of them.

RESOURCES:

Scripture Union provide a personal daily Lectio Divina resource on their WordLive website. You may want to practice this in your personal devotions before you bring it to the group. <http://www.wordlive.org/session/lectio>

- 1) If you have an internet connection and speakers- you can use this as a group exercise. Use the reflective music on the site as you read and then reflect. This can be helpful for those who find silence awkward.
- 2) Offer it to members of the group who find this helpful and want to incorporate it into their daily devotions.