

Lectio Divina on your own

Choose a passage, perhaps using a less familiar translation (www.biblegateway.com may be useful). The idea is to read the text very slowly, engaging deeply with God through his Word in four stages:

READ

Read the passage slowly several times, silently or aloud, until a word or a phrase catches your attention. *What is it?*

REFLECT

Chew over the word or phrase in silence, absorbing it and unpacking its meaning. *What is God saying to you?*

RESPOND

Respond to the God who has spoken to you, silently or aloud. *What would you like to say to him?*

REST

Simply relax with the God who knows you and loves you through and through. Enjoy being in his presence and receive his peace...

Lectio Divina with a group

READ

Invite two volunteers to read the passage aloud, quite slowly, with a pause between readings. Everyone listens for the word or phrase which will catch their attention.

REFLECT

Silence is kept, as people chew over their word or phrase, absorbing it and unpacking its meaning.

RESPOND

Into the silence, people are invited to speak out their word or phrase, without discussion.

REPEAT

The passage is read aloud again. After a pause for reflection, people are invited to share thoughts, insights, feelings – just one or two sentences, with no discussion.

If time allows, this may be followed by open discussion, and/or open prayer, or some silence.

Finally the passage may be re-read once more.

