

## Lectio Divina on your own

Choose a passage, perhaps using a less familiar translation ([www.biblegateway.com](http://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.

