

Lectio Divina

(Group Sessions)

What is *Lectio Divina*?

Lectio divina (divine reading) is a slow, contemplative form of prayer using a text. While typically based on readings from the Bible, it is not “Bible study;” it is not about understanding the text better. Rather it is a way of cultivating a relationship with God by practicing how to listen “with the ear of our hearts.” It is the practice of being attentive to what God is trying to say to you, personally, through the text and then responding to, or simply dwelling in, God’s message. In short, it is much more a matter of the heart than of the head. *Lectio* is often practiced in private as a central element of a Benedictine way of life. However, it can also be done in small groups with periods of quiet meditation followed by optional times for sharing.

Introduction of participants and short opening prayer

First Reading

- Simply listen attentively to become familiar with the reading

[Short pause]

Second Reading

- Identify a word or phrase that speaks to you and your experience today

[Short pause]

*[Each participant states aloud their chosen word/phrase]
(optional, only if you feel comfortable)*

Third Reading

- Silently meditate on your word/phrase
 - Example prompts:
 - Why is it significant to you?
 - What is it saying to you in this moment?
 - What feelings does it generate in you?
 - What memories does it call up? Why do those matter?

[Meditation Period]

*[Each participant briefly shares something from their meditation]
(optional, only if you feel comfortable)*

Group Leader closes the session with a prayer