

Lectio Divina for Group Community Prayer

Listening to the Word of God or Reading God's Word (known as *Lectio*)

- ❖ As we listen to the Word of God for the first time, BE AWARE of any word or phrase that catches your attention.
- ❖ After a minute of silence for reflection, share out loud with the group — if you are moved to do so — the word or phrase that caught your attention.
- ❖ After sharing, allow a few moments of silence in order that what was heard may sink deeper within.

Reflecting on the Word of God (known as *Meditatio*)

- ❖ As we listen to the Word of God for the second time, BE AWARE be aware of any reflection or thought of which you become aware.
- ❖ After a minute of silence for reflection, share out loud with the group — if you are moved to do so — the reflection or thought that caught your attention.
- ❖ After sharing, allow a few moments of silence in order that what was heard may sink deeper within.

Responding to the Word of God (known as *Oratio*)

- ❖ As we listen to the Word of God for a third time, BE AWARE of any prayer that rises up within you that expresses what you are experiencing in this Word of God.
- ❖ After a minute of silence for reflection, share out loud with the group — if you are moved to do so — any prayer that expresses what you are experiencing in this Word of God.
- ❖ After sharing, allow a few moments of silence in order that what was heard may sink deeper within.

Resting in the Word of God (known as *Contemplatio*)

- ❖ As we listen to the Word of God for a fourth time, JUST SIT with the Word of God, and allow God to speak to you in the silence of your hearts. God's first language is silence.