

THE PROCESS OF LECTIO DIVINA/SACRED READING

The following process allows participants to reflect on a reading in a group reflection situation:

Step 1: Ask participants to slowly and meditatively read (*lectio*) the material presented and to listen for a particular word or phrase that speaks to them and to sit with this word for a time.

Step 2: Then invite participants to meditate (*meditatio*) by reading the same passage a second time. Ask participants to re-engage the text and to let the word or phrase that

stood out become their invitation to deeper focus on what God is calling them to consider at this time.

Step 3: Participants are then asked to pray (*oratio*) by reading the text a third time and prayerfully considering the following questions:

- What is God saying to you in these words?
- What feelings do these words raise up in you?

Step 4: In the final stage participants are invited to contemplation (*contemplatio*) by reading the text for a final time.

Ask:

- What gift has God given you to take away from this prayer?
- To what action might God be inviting you?

Step 5: Participants share as a group their insights from the process of *Lectio Divina*

Finish the *Lectio Divina* with a prayer:

*Holy Spirit of Love,
Guide us in our work for
your mission in the world
and embolden us —*

to speak the truth
*even when this is
not welcome,*

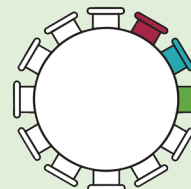
***to stand up for the
vulnerable and
marginalised***

*even when this is unpopular,
to build communities of
compassion and mercy
in the face of greed
and indifference,
to be shining lights of love
in the dark places
of our world.*

Amen.

The key principles of *Lectio Divina*:

- *Lectio* (Reading):
- *Meditatio* (Meditation)
- *Oratio* (Prayer)
- *Contemplatio* (Contemplation)



USE THIS PAGE TO MAKE NOTE OF ANY WORDS, PHRASES OR THOUGHTS SIGNIFICANT FOR YOU

What word or phrase resonates with you, and why?

How does this word or phrase relate to your current life?

What feelings or thoughts does this text evoke in you?

What action is God inviting you to take from this reflection?

[illegible]