

Opening

Welcome, everyone. Today we will engage in *Lectio Divina*—a prayerful reading process that involves four stages: *Lectio* (Reading), *Meditatio* (Meditation), *Oratio* (Prayer), and *Contemplatio* (Contemplation). I will guide you through each step. Let's begin.

Step 1: Lectio (Reading)

Please read the passages slowly and attentively. Listen for a word or phrase that stands out to you, something that resonates in your heart. Afterward, sit quietly with this word for a moment.

Allow time for reading and reflection.

Step 2: Meditatio (Meditation)

Now, read the passage again. Focus on the word or phrase that spoke to you. Ask yourself: What is God inviting me to notice or reflect on right now? Allow your thoughts to unfold as you listen for deeper understanding.

Allow time for reading and reflection.

Step 3: Oratio (Prayer)

Read the passage a third time, prayerfully considering:

- What is God saying to me?
- What feelings do these words stir in me?
- How do these words speak to my life or current situation?"

Spend a few moments in silent prayer or respond in your heart. Allow time for prayerful reflection.

Step 4: Contemplatio (Contemplation)

Read the passage one last time. Ask:

- What gift has God given me through this text?
- What action might God be inviting me to take?

Take a moment to rest in God's presence and listen quietly.

Allow time for final reading and contemplation.

Step 5: Sharing

I invite you to share any thoughts or insights with the group (10 minutes).

Closing

Thank you for your reflections. As we close, carry the word or phrase with you today. Let it guide you. We will finish with the prayer provided.