



**GROUPLIFE**  
MAKING SPACE TO GROW WITH GOD

# LECTIO DIVINA



 **CORNERSTONE**

## GUIDE SHEET FOR

# LECTIO DIVINA

Lectio Divina is Latin for 'divine reading'. It is a traditional Benedictine practice for meditation on God's word and prayer. It does not treat scripture merely as something to be studied, but recognises it as God's living and active word (Heb 4:12). As such it is an invitation for God to speak very personally to us (God's still, small voice). You provide the space and silence necessary for God to speak. God provides the inspiration.

### INSTRUCTIONS

Choose a passage to reflect on.

**LECTIO:** **Meaning 'Read'.** Read the passage slowly up to three times, pausing between each reading.

**MEDITATIO:** **Meaning 'Meditate'.** In silence, focus on words or phrases from the reading that the Holy Spirit seems to be drawing your attention to. In silence repeat it to yourself and allow it to speak to you.

**ORATIO:** **Meaning 'Pray'.** Let the words of the passage lead you into a response. Pray to God The group can either do this out loud or in silence.

**CONTEMPLATIO:** **Meaning 'Contemplate'.** Ask those who are willing to share with the group anything they've heard from God and why they think this is significant for them at this time

### TO FINISH

To extend your time of prayer and worship you may ask the group to use parts of the text to praise and worship God.

### AN ALTERNATIVE PATTERN

The text is chosen and read three times, followed each time by a period of silence and an opportunity for each member of the group to share the results of his or her lectio.

- The first reading is for the purpose of hearing a word that touches the heart.
- The second reading is for hearing or seeing Christ in the text.
- The third reading is for hearing a word from Christ, calling us to do something or become something today or this week.
- The group close by praying for the person on the right of them.