

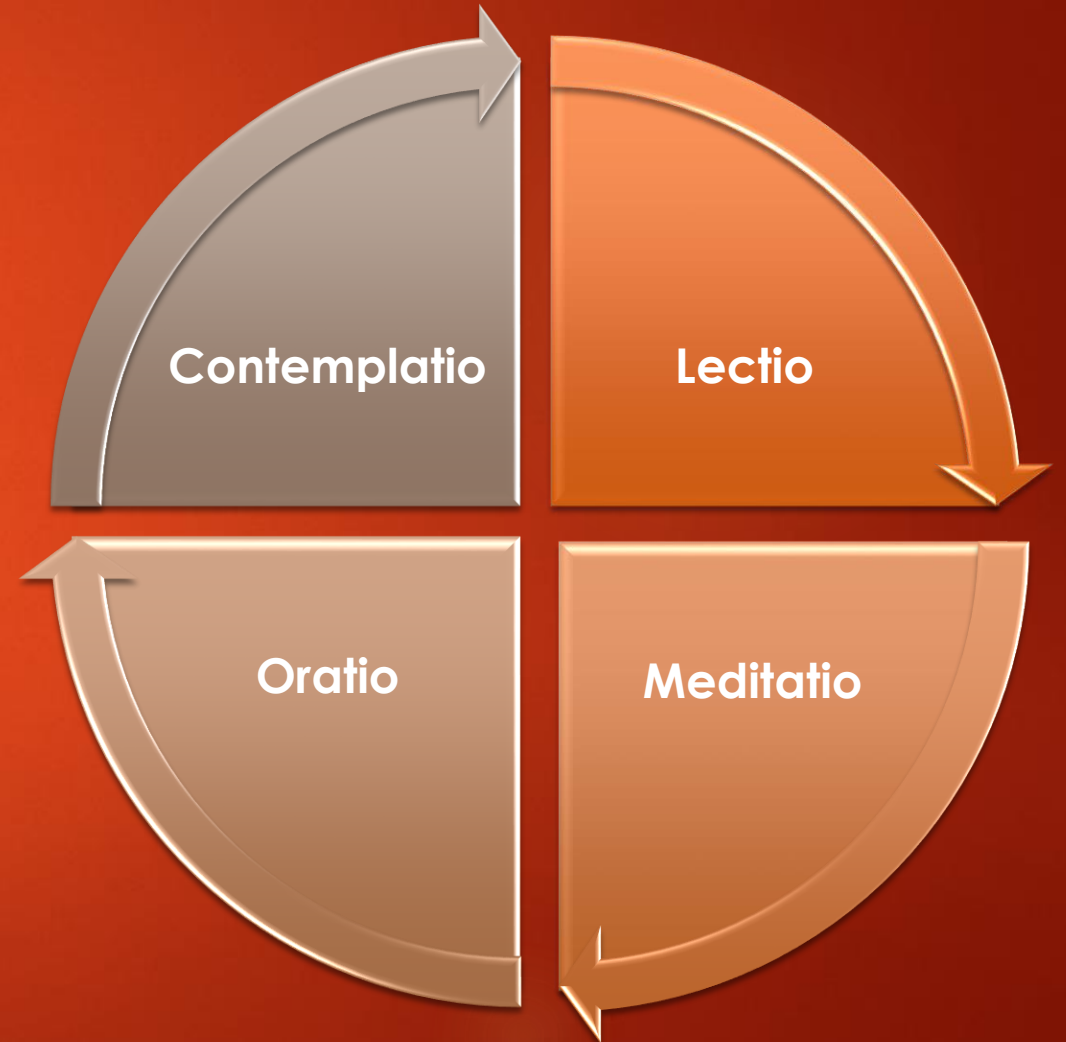
# LIVING WORD



**PRAYING WITH SCRIPTURE:  
LECTIO DIVINA IN GROUPS**

# What is Lectio Divina?

- ▶ Four stage method of prayer
- ▶ **Lectio:**
  - ▶ I read out loud
- ▶ **Meditatio:**
  - ▶ I connect this with my life
- ▶ **Oratio:**
  - ▶ I pray
- ▶ **Contemplatio:**
  - ▶ I rest in this moment



# Stage One: Read out Loud

## LECTIO



- ▶ Reading out loud helps us to **focus** and **hear** the words
- ▶ It slows us down
- ▶ Words begin **to strike** us
- ▶ We **notice** what is going on
- ▶ We are struck by certain **phrases**
- ▶ We are **moved** in some way
- ▶ Often it is helpful to **read twice**, in a different voice

# Stage Two: Reflect on its meaning

## MEDITATIO



- ▶ We begin to **mull over** words or phrases
- ▶ We ask **questions** such as:
- ▶ **What** does Jesus ask here?
- ▶ **How** does this relate to my life as a disciple?
- ▶ What is the learning for **today**?
- ▶ What is **going on** in this passage?
- ▶ **Why** does a particular word strike me?

# Stage Three: Respond in prayer

# ORATIO



- ▶ I **pray** very simply in response to God's word
- ▶ I **ask** for God's grace or
- ▶ I **thank** God or
- ▶ I **say sorry** to God or
- ▶ I acknowledge **my need for God** or
- ▶ I **praise** God
- ▶ I make some phrases **my own**



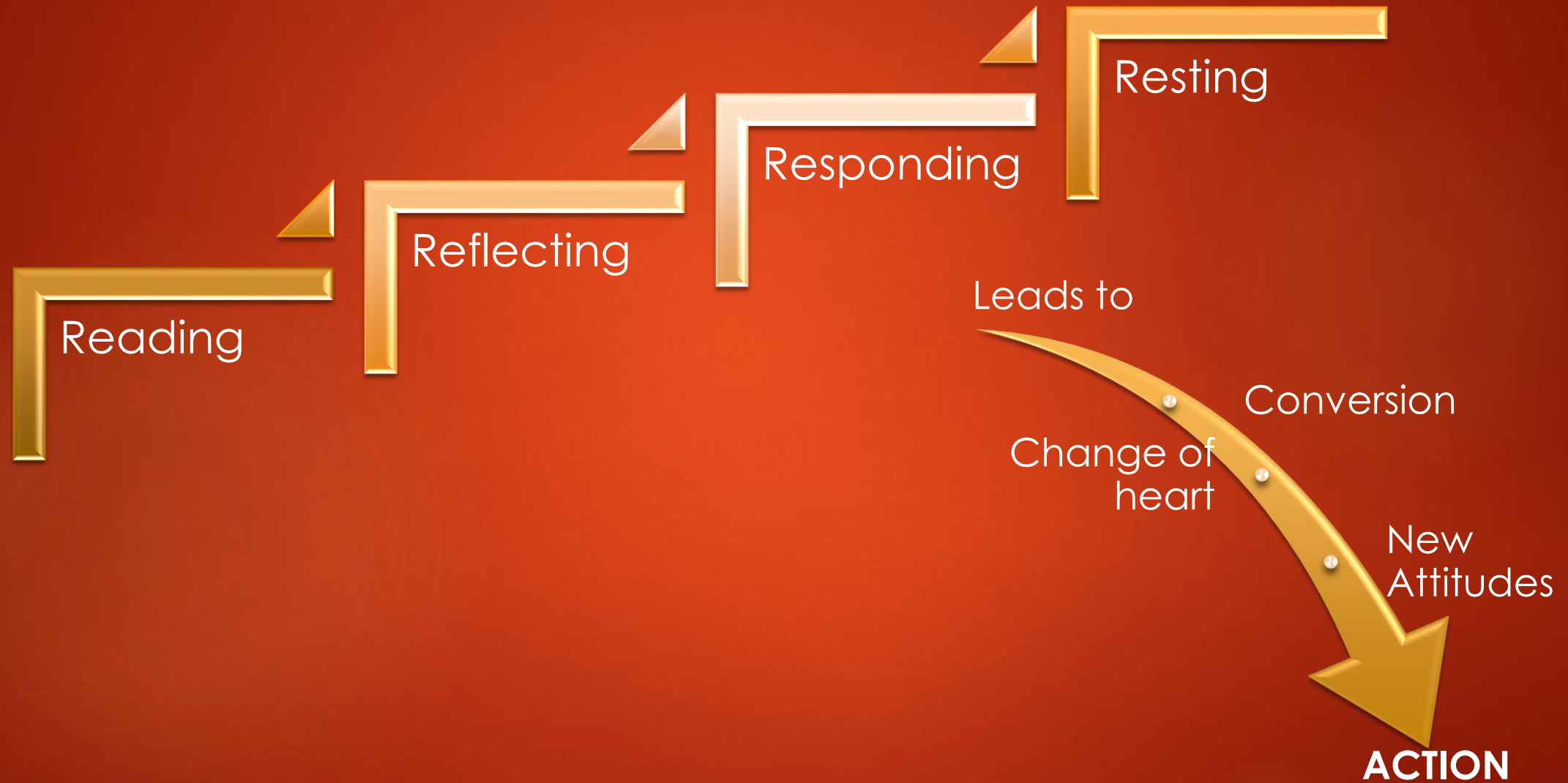
Stage Four: I come to quiet rest

# CONTEMPLATIO



- ▶ I **linger** with a phrase or word
- ▶ I **repeat** it in my heart
- ▶ I remain with it in **silence**
- ▶ I **allow God to be** in me
- ▶ I have a **sense of consolation** and strength
- ▶ I am **held** by God
- ▶ I am given **new life**

# Four stages for parish groups



# FIFTH STAGE: ACTION

- ▶ My life is **transformed**
- ▶ By **encounter** with God's word
- ▶ This word is a **LIVING WORD**
- ▶ Which speaks to my life **NOW**
- ▶ **Calls me** to make a difference
- ▶ **Invites me** to change my heart
- ▶ **Deepens my relationship** with the living God
- ▶ This word impacts every part of me
- ▶ It becomes the basis for my **choices and actions**



# REFLECT:

- ▶ What's new for you?
- ▶ How might this method be used in a parish group ?

# Lectio Resources

- ▶ Prego: St Bueno's outreach to parishes
- ▶ Prego Plus: St Bueno's outreach to parishes
- ▶ Go to [stbeunosoutreach.wordpress.com/prego/](http://stbeunosoutreach.wordpress.com/prego/)
  
- ▶ Today's Good News
- ▶ Go to [www.goodnews.ie](http://www.goodnews.ie)
  
- ▶ RESOURCES FOR LENT
- ▶ <https://www.ignatianspirituality.com/lent/>