

## The Process of Group Lectio Divina

*Lectio Divina, Latin for "Divine Reading," is a contemplative way of reading and praying. It originated in the early monastic tradition, particularly through the practices of St. Benedict in the 6th century. It was later formalized as a meditative method of Scripture reading by monks in the 12th century. When practiced in a group, it also deepens communal spiritual connection.*

### **Prepare**

Take a moment to come fully into the present.

Sit comfortably, alert, eyes may be closed, and center yourself with breathing.

Be comfortable with silence

#### **1. Hear the word or phrase (that is addressed to you).**

The dismissal minister will proclaim the gospel once. Listen to the text and allow it to sink into your heart. Identify the word or phrase that attracts from the passage. Repeat it over to yourself softly during a one-minute **silence**. Beginning with the dismissal minister, name that word and go clockwise around the room allowing each person to name their word or phrase (no elaboration).

#### **2. Ask "How is my life touched?" (by this word or phrase).**

A different person reads the gospel. Discover how your life is touched today by this passage. In **silence** consider what the passage means personally and what emotions or memories it stirs. The dismissal minister shares a sentence or two about how he/she is touched by the word or phrase; perhaps beginning with "I hear" "I see" "I sense". Then each in turn, around the room shares their feelings (or you may pass).

#### **3. Ask "Is there an invitation here? (for you).**

A different person reads the gospel. In **silence**, respond to God in prayer, considering honestly about thoughts, emotions, gratitude, or questions that have arisen. Ponder it in **silence** for about a minute. The dismissal minister shares a sentence or two indicating their invitation to do or be something this next week. After the minister, go around the room sharing your invitation (or you may pass).

#### **4. Pray (for one another to be enabled to respond).**

Respond to God from the heart. Beginning with the dismissal minister, pray aloud for the person to your right, offering a prayer that reflects what they have shared in their invitation. Speak from the heart, asking God to bless, guide, or comfort them in their journey. Conclude your prayer with "Amen," to which the group responds together, "Amen."

#### **5. Common Prayer**

The dismissal Minister invites everyone to stand hold hands and pray the Our Father together .