

A Method for Group

Lectio Divina 101

Adapted from a resource by the *Evangelical Catholic* used with permission

Prayer with Scripture as traditionally taught by monastic communities
(Good for praying with any scripture passage)

Begin by offering a prayer on behalf of the group, invoking the Holy Spirit to come lovingly through the Word to meet us.

1. First reading (two times).

- a. **Minute of silent reflection.** “What word or phrase is God drawing out of the Scripture for me?”
- b. **Share the word or phrase without elaboration.** (Around the circle, everyone shares.)

2. Second Reading.

- a. **Minute of silent reflection.** Allow the Lord to begin directing your thoughts and to ponder the passage/word/phrase. “What is the Lord saying to me through this passage/word/phrase?”
- b. **Share briefly (about a minute max):** What did it make you think of? What is running through your mind? (Random sharing – not around the circle. Some may not share, that’s okay.)
- c. Allow some discussion to happen naturally, or prompt some with follow-up questions. But keep in mind the bulk of the conversation should come after the third reading.

3. Third Reading.

- a. **Minute of silent reflection.** Ponder: “What do you want me to do with this word?”
- b. **Sharing: “I hear the Lord saying to me . . .”, or “I believe the Lord wants me to . . .”** (Random sharing – not around the circle. Some may not share, that’s okay.)
- c. Allow some discussion to happen naturally, or prompt some with follow-up questions.

Close in prayer together