

Lectio Divina Instructions

A beginner's note. Quiet time is extremely important to let the Spirit within you speak to you. The extroverts will try to push you to just jump into the questions without any quiet time. This will keep you from reaching any depth in your sharing in your meetings and will keep the introverts from sharing.

1. At the beginning of the meeting take some time to start with prayer, shared prayer. Prayer directions: Start with the sign of the cross. Take a minute and a half of quiet time (use a clock if necessary) and ask everyone to reflect on one thing specifically that they are thankful for. Next go around the circle to share what that one thing is, the more specific, the better. If it isn't specific it may be a time to ask, "why are you thankful for that in particular today?" Give everyone a chance to share if they want (don't force them). Next, take a minute and a half of quiet time (use a clock if necessary) to reflect on one thing they want to pray for be it themselves or for others. Give everyone a chance to share their prayer if they want. It's okay if people want to pray for more than one thing. End with an Our Father and the sign of the cross.

Note: Sometimes in people's prayers or even if you haven't started prayer yet, you will find that something major is going on in their life. If there is something major going on in a person's life (for example a loved one has died) some time of group support and comfort may be needed. Again, don't force anyone to share if they don't want to.

2. Next, have someone read the Gospel aloud from the gospel and question sheet. Read the questions. **Set five minutes of silence on the clock to answer the questions.** Have another person read it again. It is important that everyone have a hard copy of the scripture and questions and a pen so that they might underline parts of scripture, write their answers or just doodle if that is the way they process.

3. Take turns answering the questions. Go one question at a time and give everyone a chance to answer that question. On the first question, one's focus on the scripture might be on a word, a phrase, a thought or maybe an overall meaning to the person. It may be completely tangential. Remember there is no wrong answer. This is different than Bible study. It's all about how the scripture is speaking to them in this moment of their life at this time. This is completely subjective. Make sure you stay on track. The answer should have some connection to the text. Do not let anyone belittle another person's answer. People should talk in the "I" and not the "you." Be mindful of the time especially when people get off track or dominate the discussion. Everyone should get a turn if they want.