

Praying using the five steps of *Lectio Divina*

Lectio Divina Leader:

Lectio

I invite you all to close your eyes and listen prayerfully as I read aloud today's passage (the gospel of the day or next day). Listen for a word, idea, image or phrase that catches your attention in some way.

Scripture passage is read

Silence 30 seconds

Lectio Divina Leader:

I'm going to read the same passage again slowly, and again I invite you all to close your eyes and listen carefully and prayerfully. Listen for the word, idea, image or phrase that jumped out at you, or caught your attention in some way.

Scripture passage is read

Silence 30 seconds

Lectio Divina Leader:

Meditatio

I invite you now to reflect on that word, idea, image or phrase. Ponder it, chew it over, give it your attention. Allow it to fill your mind without trying to analyse it.

Silence 90 seconds

Lectio Divina Leader:

Oratio

Now, what do you want to say to God in response to the Scripture passage you have just heard? Go back to the word, idea, image or phrase that leapt out at you, or affected you in some way. Allow it to stimulate prayer or suggest some words. You may want to praise God, to thank God, to say sorry to God, to ask God for something for yourself, or to ask God for something for someone else. So just talk to God now, silently in your heart.

Silence 1 minute

Lectio Divina Leader:

Contemplatio

Now we stop talking to God, and we stop thinking about things, and we just try to rest in God's love. We are simply in God's presence. We don't need to worry about anything. We don't need to be concerned about anything. God is with us. Rest and remain in God's love.

Silence 90 seconds

Lectio Divina Leader:

Actio

Finally, I invite you to recall the word, idea, image or phrase you first focussed on. Now try to think of a concrete action, something that you could do, that you could carry out over the next 24 hours to remind you of the word or phrase that affected you in some way.

Silence 30 seconds

End with a short prayer of thanksgiving, e.g.,

E Te Atua Atawhai:

Thank you for your living Word. May it lead us all to a life of constant wonder, gratitude, love and service. Through Christ our Lord, Amen.