

ADVENT 2009

LECTIO DIVINA

Lectio – Meditatio – Oratio – Contemplatio ***Reading – Meditating – Praying - Contemplating***



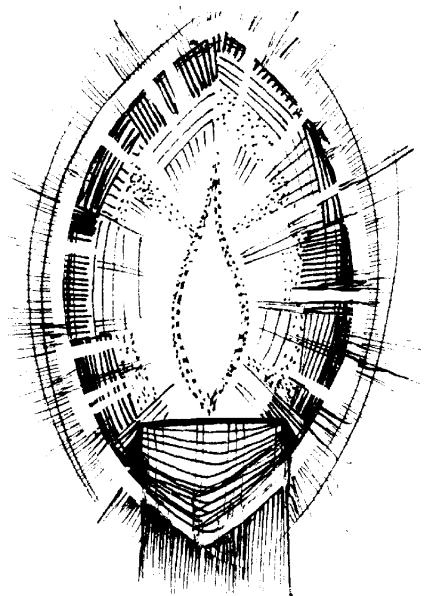
- *Lectio Divina* is an ancient way of reading and praying with the scriptures.
 - It involves us reading and hearing the text and then meditating on it and pondering it in our hearts and minds.
 - We then move to praying with and out of the text in order that we might be caught up into the wonder and beauty of the Lord.
- *Lectio Divina* requires no specialist knowledge.
 - A good way to proceed is to take the gospel for the forthcoming Sunday and gather for *Lectio* sometime in the week before. Here is a simple format that can be followed in a group setting. It can be used in conjunction with the accompanying sheets – *Lectio Divina for Advent*

1. Preparing & Praying Beforehand: Someone will need to lead. Invite everyone to get comfortable. Perhaps have an open bible and a candle, maybe with an icon, crucifix or statue as a focus. Begin with the Sign of the Cross and a prayer to the Holy Spirit (*Come Holy Spirit, open our hearts and minds to receive the word of God. We ask this in Jesus' name. Amen*). You might want to add the opening prayer from the Mass from which the gospel passage is taken.

2. Reading the text: Ask someone to read the gospel for the forthcoming Sunday. It's good if everyone has the text to follow, although some people may wish to actively listen rather than look at the text. A copy of the relevant *Lectio Divina for Advent* sheet can be given to everyone. Allow time for silent reflection then ask another person to read the same gospel (preferably a male if the first reader was female or vice versa).

3. Reflecting on the text

Invite people to ponder the words and phrases in silence...



- *What kind of text is this? (parable, miracle, encounter, healing, teaching)*
- *Look at the people and events in the story*
- *Invite people to speak out any words/phrases that strike them (without having to say why)*

4. Participation: Moving from *in illo tempore* (in *that* time) to *in hoc tempore* (in *this* time), invite people to share their thoughts on

- *What is the Lord saying to me through the text?*
- *What is the Lord saying in relation to issues in the Church, in the world, and in my life?*
- *Does the text inspire, console, question, direct?*

5. Finish the sentence: *In this passage God is...*

6. Praying out of the text: *Lord, in the light of this text...*

7. Conclude by praying the *Our Father*

