

HOW TO DO LECTIO DIVINA WITH A SMALL GROUP

Lectio Divina is an ancient form of seeking to hear God speak to us through the Scriptures, which is attributed to Saint Benedict (c. 480 – c.543). Here the basic form has been adapted for use by small groups.

- Start by choosing the text that you want to read (ideally 9-12 verses). Print it out so that everyone is reading the same version of the bible.
 - Choose who will read the text, you may want to have a leader read or select three different readers.
 - Remind people not to use 'their own words' in the sharing time, rather just repeating the words and phrases of scripture.
1. The *FIRST reader* reads aloud the passage of scripture slowly and prayerfully.
 - **Silence** for 1-2 minutes. We ask ourselves, has a particular word or phrase captured me?" Allow that word or phrase to unhurriedly echo silently within.
 - The *first reader* now speaks aloud the word or phrase which stood out to her/him.
 - **Sharing aloud:** a word or phrase in the text that resonates with you.
 2. *SECOND reading* of the same passage
 - **Silence** for 2-3 minutes. Rest in the scene and stay with a particular word or phrase.
 - The *second reader* now speaks aloud the word or phrase from the text which resonates with him or her (the same word as previously or a new one).
 - **Sharing aloud:** a word or phrase from the text that resonates with you.
 3. Let the group put away their texts and listen to a *THIRD slow and prayerful reading*.
 - **Silence** for 2-3 minutes.
 - The *third reader* speaks aloud their word or phrase and follows it with a mini-prayer, making use of the word or the words in the phrase.
 - **Share aloud of your experience** listening to and praying the text. Was there something that spoke to you in a particular way? Did the text connect with some aspect of your life?

RESOURCED!

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