

Lectio Divina for Community Prayer

Lectio: Listening to the Word of God or Reading God's Word

- ❖ As we listen to the Word of God for the first time, I invite you to be aware of any word or phrase that catches your attention.
- ❖ After a minute of silence for reflection, share out loud with the group — if you are moved to do so — the word or phrase that caught your attention.
- ❖ After sharing, allow a few moments of silence in order that what was heard may sink deeper within.

Meditatio: Reflecting on the Word of God

- ❖ As we listen to the Word of God for the second time, I invite you to be aware of any reflection or thought of which you become aware.
- ❖ After a minute of silence for reflection, share out loud with the group — if you are moved to do so — the reflection or thought that caught your attention.
- ❖ After sharing, allow a few moments of silence in order that what was heard may sink deeper within.

Oratio: Responding to the Word of God

- ❖ As we listen to the Word of God for a third time, I invite you to be aware of any prayer that rises up within you that expresses what you are experiencing in this Word of God.
- ❖ After a minute of silence for reflection, share out loud with the group — if you are moved to do so — any prayer that expresses what you are experiencing in this Word of God.
- ❖ After sharing, allow a few moments of silence in order that what was heard may sink deeper within.

Contemplatio: Resting in the Word of God

- ❖ As we listen to the Word of God for a fourth time, I invite you to just sit with the Word of God, and allow God to speak to you in the silence of your hearts. God's first language is silence.

adapted from Carl Arico *A Taste of Silence* (Continuum 1999).

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