

Lectio Divina (Guigo II)

A reading and reflection on the Scriptures that leads to prayer and transformation of life.

Opening prayer

"Lord Jesus, you who are the Son of the Living God, teach me to listen to what you tell me in the holy Scriptures, and to discover your face there." (*Guigo II*)

Reading: Getting to know the text (senses)

1. Take in all the elements of the text
2. Be aware of context, related texts and quotes
3. Who are key characters; what are key words?
4. Don't choose any one thing to work with at this stage
5. You are becoming familiar with the text: gathering food for thought.

Meditation: Engaging with the text, making it my own (reason)

1. Here, faith life and the Word interact and seek integration
2. What is the meaning / message of this text?
3. What does the text tell me about the God who speaks?
4. What does the text teach me about my faith life?
5. What do I need to do to transform my life?
6. We cannot do it alone; we are humbled, we turn to God in prayer.

Prayer: Let prayer emerge from your working with the text (will)

1. This prayer emerges from our reading / meditation
2. It is shaped by our personal prayer practice
3. We seek the grace to achieve what emerged from meditation
4. Prayer commits us to transformation of life
5. All that we can do in prayer, is done here.

Contemplation: God's response

1. What happens here, only God can give
2. Do not expect this to happen: go with it if it does
3. God does not wait, breaks in, runs to meet us
4. There is no need to be silent to let God speak
5. God shapes us by the feelings of the divine presence / absence.

Action: Throughout the day (will)

1. Now choose a word, phrase, sentence
2. Bring it to mind frequently during the day
3. Let it recapture the experience of your *lectio*
4. Use it especially in situations relating to your *lectio*.

"Daily and hourly till the soil of the heart with the Gospel plough."

Lectio Divina in Community

A common reading and shared *reflection* on the Scriptures, leading to shared prayer and transformation of life. *Lectio* in community is more than just personal *lectio* done together: It is a real sharing of the various elements of *lectio*.

- Two possibilities:
1. Participants have previously done the *lectio* on the text.
 2. Participants are doing it for the first time.

Opening prayer

An agreed prayer can be said together, or an individual participant can offer a prayer.

Reading: Getting to know the text

1. The text is read aloud several times to become familiar with it
2. Participants can be asked to share the things they have noticed in the text
3. This can result in drawing out all the aspects of the text.

Meditation: Engaging with the text

1. When participants have done the *lectio* previously
 - a. Ask participants to share:
 - The meaning of the text.
 - What they learned about God
 - What they learned about being a disciple of Jesus
 - b. If appropriate, ask participants to share:
 - What they learned about their own faith life
 - What they need to do to transform it.
2. When participants have not done the *lectio* previously:
 - a. Give time for them to reflect on the text (as overleaf)
 - b. Proceed to share as in 1 a. and b.

Prayer: Let prayer emerge from your working with the text

1. Time should be given for personal prayer
2. Then, participants can be invited to make their prayer aloud.

Contemplation: God's response

1. What happens here, only God can give
2. Do not expect this to happen: go with it if it does
3. God does not wait, breaks in, runs to meet us
4. There is no need to be silent to let God speak
5. God shapes us by the feelings of the divine presence / absence.

Action: Prayer throughout the day

1. Read the text again.
2. Ask each participant to choose a word, phrase or sentence to repeat during the day.
3. Give time for participants to share what they have chosen.