Lectio Divina is a perfect form of prayer.

It involves our heart when we open ourselves to the Word; our mind when we reflect and meditate on that Word; our body as we rest and contemplate the presence of God through the Word revealed to us; and our spirit when we respond to that Word.

You can share in our Sunday Lectio Divina each week on Facebook: "SVD Bible Forum" and find us on www.divineword.org (Get involved/Bible).

"the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart. If it is effectively promoted, this practice will bring to the Church – I am convinced of it – a new spiritual springtime."

Pope Benedict XVI in Verbum Domini
Lectio Divina shared in Small Community

**STATIO**
Preparation of the Ambience

1) Choose a quiet ample place for the group (The ideal group is 7-10 persons).
2) All participants sit in a circle (In Lectio Divina there are not “presenter and listeners” but all are listeners and sharers of the Gospel therefore the circle is the ideal).
3) For daily Lectio Divina choose the Gospel of the day.
4) For Lectio Divina practiced once week choose the Gospel of the next immediate Sunday.
5) If you are doing Lectio Divina for special occasion: e.g.: Visitation of Home before Baptism, Blessing of the Home, Ninth Night Prayer Vigil of the deceased, etc., use the readings indicated in this booklet or of your own choosing according to the need.
6) Read and Meditate on the Gospel first and only if you have time at the end go to the First (and Second) Reading
7) All participants should switch off their cellular phones.
8) Sing a couple of choruses of Praise and then one or two Prayerful Choruses inviting the Holy Spirit.
9) One person in the circle says the opening prayer.

**LECTIO**
Reading and Listening to the Word
Listening for the Gentle Touch of Christ the Word - (The Literal Sense)

1) ONE PERSON READS ALOUD the Gospel, as OTHERS LISTEN (their Bibles are closed at this moment as they are attentive to the words and try to choose pick up a word/phrase that speaks to them in a special way)
2) Silence for 1-2 minutes is observed after the reading. Each hears and silently repeats a word or phrase that attracts his/her attention
3) Sharing aloud the WORD or PHRASE taken from the Passage you heard. A word or phrase that has attracted each person, there is No elaboration - leave it for later, after everyone has meditated on the Word.

**MEDITATIO**
Meditating on the Word
How Christ the Word speaks to ME - (The Allegorical Sense)

1) Someone else in the group reads reads the same Gospel aloud
2) Silence for 2-3 minutes. Reflect on "Where does the content of this reading touch my life today?"
3) Sharing aloud: "I hear, I see..." No preaching, no theologizing, no questions to the leader about the meaning of the text; just sharing of how the Word of God touched me, spoke to me, revealed to me.

**CONTEMPLATIO**
Staying with God who revealed us the Word

The purpose of Lectio is a closer union with God Spend time in silence acknowledging the God who became present to you through his Word

**ORATIO**
Praying with the Word

1) Use the word, phrase on which you meditated and formulate a prayer, (thanksgiving, praise, supplication) and share it with others
2) Allow few minutes for silent Contemplation
3) Conclude the Prayer with The Lord’s Prayer or Psalm 23 as you stand and hold hands
4) Still holding hands sing “Bind us together Lord...” or other appropriate concluding song.
5) Give each other sign of peace and sing doxology or ask the priest/deacon if they are present to give the final blessing