

## QUICK GUIDE – LECTIO DIVINA (60 minutes)

Scripture Passage: \_\_\_\_\_

- 10 min **Community, Vision, Teaching** – *Lead an activity that helps your group get to know one another. Then tell the group your vision for why you are meeting and what you hope to see God do.*

"*Lectio Divina* is Latin for 'holy reading.' As a prayer practice from the ancient Hebrew tradition and early Christian disciplines, *Lectio* helps us connect with God through Scripture. We will pray through a passage in the Bible to seek increased intimacy and communion with Jesus, so it's less about analysis and more about how the words lead us to worship. Throughout our time, do your best to remain present. If you find yourself getting distracted, simply let the distraction pass and bring your attention back to the moment."

- 2 min **Quiet** – "As we begin, sit comfortably but remain alert. Take a few deep breaths." *Pause.* "Ask God to help you quiet your inner noise and become aware of God's presence with us." *Pause.* "Spirit, lead us." *Silence.*
- 5 min **Simply Listen** – "Our text is: [choose one] 1) from the Old Testament, written to God's people before the time of Jesus, 2) from the Gospels in the New Testament, written about the life and ministry of Jesus, or 3) from the New Testament, written to the followers of Jesus after his life. I will read the text aloud. Simply listen. Allow the text to wash over you as you receive it." *Read slowly. Then allow some silence.*
- 5 min **Identify a Word or Phrase** – "This time as I read the text a second time, listen for a word or phrase that draws you. Savor it and let it linger in your heart." *Read slowly. Then allow some silence.*
- 8 min **Reflect** – "As I read the text one last time, meditate on your word or phrase before Jesus. Reflect on how it connects with your thoughts, feelings, desires, fears, or memories. How does this word or phrase speak to your life today? What might the Lord be saying to you? There will be 5 min of silence after this reading for you to interact with Jesus and also just be with Jesus." *Read slowly and allow 5 min of silence.*

- 10 min **Share** – "What word or phrase caught your attention, and what is Jesus showing you?" *Facilitate group sharing. Break into groups of 2-3 if you have >8 people.*
- 8 min **Respond in Prayer** – "What is Jesus saying to us through the Scripture passage? Let's pray out loud together in response to what we sense God is communicating. Accept any invitations or challenges God is giving you and ask God to help you be faithful. Let's pray out loud to offer God our honest thoughts, feelings, and desires." *Participate as the group prays together. Groups of 2-3 if you have > 8 people.*

10 min **Act** – “What do you want to remember and take with you from this time of prayer? How can we resolve to live out what we are receiving from God?” *Facilitate discussion.*

2 min **Pray** – *Thank God for what the community experienced in this time together.*