

## Lectio divina – Week 1 from 10<sup>th</sup> to 16<sup>th</sup> March 2019

### Small communities of faith Second Sunday of Lent – Year C (maximum 1 ½ - 2 hours)

1. **Welcome....** And let's start
2. **Take time in silence.** Take a few minutes of silence... just silence... stillness. Concentrate on your breathing. Be aware of the Lord's presence. Don't think. Just be present. If you have difficulty to be still just read a few words or sentences from a psalm. (You can also listen to 3 minutes of quiet and inspiring music while keeping silent, but eventually it's good to just live this moment in silence.)
3. **Sharing** Take a few moments to discuss the "highlight of my week". How was my week? For what am I most grateful? What blessings the Lord has showered on me, on my family? Did I take some time alone? Please be brief. **Note:** All that is said between the participants must remain confidential in order that everyone feels at ease to share freely about oneself. Thank you for respecting this.
4. **Lectio Divina**                      **Scripture Sunday March 17<sup>th</sup>**  
First reading: Gen 15, 3-18  

(I prefer that you use your own bible, no photocopies. This forces you to open your Bible and read it... what a great idea!) It is best the group use various translations. This will allow for a more interesting conversation.

**Note:** Focus on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 27 (*The Lord is my light and my salvation*) at the beginning, and then just share the words that touch you, and maybe also the emotions it evokes. Afterwards, do *Lectio* (all the steps) with the *one* text suggested. The essential thing in *Lectio* is reflecting in depth on *one* text, letting the Word of God sink into you, not going through all the readings. Let the Holy Spirit guide you.
5. **Read the meditation** for this week (we will discuss it next week, for the time being, just read it). Read again at home.
6. **Time of prayer together** (There will be a time of spontaneous prayer before we say our final prayer.) Take turns to pray... as you so wish. Here are a few suggestions:
  - a) prayer of thanksgiving, of praise, of blessing and adoration  
*I thank you Lord for.... I praise you Lord for.... I bless you Lord for....*
  - b) prayer of petition, of intercession *I ask you Lord for... I pray for this... situation...*
7. **The meeting is ended.** It is time to head home, till the next meeting. There should be no coffee and cookies after the meeting...

**Lectio divina – Week 2 from March 17<sup>th</sup> to 23<sup>rd</sup> 2019**

**Small communities of faith  
Third Sunday of Lent – Year C  
(maximum 1 ½ - 2 hours)**

1. **Welcome....** And let's start
2. **Take time in silence.** Take a few minutes of silence... just silence... stillness. Concentrate on your breathing. Be aware of the Lord's presence. Don't think. Just be present. If you have difficulty to be still just read a few words or sentences from a psalm. (You can also listen to 3 minutes of quiet and inspiring music while keeping silent, but eventually it's good to just live this moment in silence.)
3. **Sharing** Take a few moments to discuss the "highlight of my week". How was my week? For what am I most grateful? What blessings the Lord has showered on me, on my family? Did I take some time alone? Please be brief. **Note:** All that is said between the participants must remain confidential in order that everyone feels at ease to share freely about oneself. Thank you for respecting this.
4. **Lectio Divina**                      **Scripture Sunday March 24<sup>th</sup>**  
Gospel: Lk 13, 1-9  
  
(I prefer that you use your own bible, no photocopies. This forces you to open your Bible and read it... what a great idea!) It is best the group use various translations. This will allow for a more interesting conversation.  
  
**Note:** Focus on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 103, 1-14 (*Bless the Lord, O my soul*) at the beginning, and then just share the words that touch you, and maybe also the emotions it evokes. Afterwards, do *Lectio* (all the steps) with the *one* text suggested. The essential thing in *Lectio* is reflecting in depth on *one* text, letting the Word of God sink into you, not going through all the readings. Let the Holy Spirit guide you.
5. **Read the meditation** for this week (we will discuss it next week, for the time being, just read it). Read again at home.
6. **Time of prayer together** (There will be a time of spontaneous prayer before we say our final prayer.) Take turns to pray... as you so wish. Here are a few suggestions:
  - a) prayer of thanksgiving, of praise, of blessing and adoration  
*I thank you Lord for.... I praise you Lord for.... I bless you Lord for....*
  - b) prayer of petition, of intercession *I ask you Lord for... I pray for this... situation...*
7. **The meeting is ended.** It is time to head home, till the next meeting. There should be no coffee and cookies after the meeting...

## Lectio divina – Week 3 from March 24<sup>th</sup> to 30<sup>th</sup> 2019

### Small communities of faith Fourth Sunday of Lent – Year C Sunday of Joy (maximum 1 ½ - 2 hours)

1. **Welcome....** And let's start
2. **Take time in silence.** Take a few minutes of silence... just silence... stillness. Concentrate on your breathing. Be aware of the Lord's presence. Don't think. Just be present. If you have difficulty to be still just read a few words or sentences from a psalm. (You can also listen to 3 minutes of quiet and inspiring music while keeping silent, but eventually it's good to just live this moment in silence.)
3. **Sharing** Take a few moments to discuss the "highlight of my week". How was my week? For what am I most grateful? What blessings the Lord has showered on me, on my family? Did I take some time alone? Please be brief. **Note:** All that is said between the participants must remain confidential in order that everyone feels at ease to share freely about oneself. Thank you for respecting this.

#### 4. **Lectio Divina**                      **Scripture Sunday March 31<sup>th</sup>**

Gospel: Lk 15, 11-32

(I prefer that you use your own bible, no photocopies. This forces you to open your Bible and read it... what a great idea!) It is best the group use various translations. This will allow for a more interesting conversation. Focus on only **1** reading from the Sunday Scripture.

But you could read in silence a psalm perhaps Sunday's psalm 34, 1-14 (*I will bless the Lord at all times*) at the beginning, and then just share the words that touch you, and maybe also the emotions it evokes. Afterwards, do *Lectio* (all the steps) with the *one* text suggested. The essential thing in *Lectio* is reflecting in depth on *one* text, letting the Word of God sink into you, not going through all the readings. Let the Holy Spirit guide you.

5. **Read the meditation** for this week (we will discuss it next week, for the time being, just read it). Read again at home.
6. **Time of prayer together** (There will be a time of spontaneous prayer before we say our final prayer.) Take turns to pray... as you so wish. Here are a few suggestions:
  - a) prayer of thanksgiving, of praise, of blessing and adoration  
*I thank you Lord for.... I praise you Lord for.... I bless you Lord for....*
  - b) prayer of petition, of intercession *I ask you Lord for... I pray for this... situation...*
7. **The meeting is ended.** It is time to head home, till the next meeting. There should be no coffee and cookies after the meeting...

## Lectio divina – Week 4 from March 31<sup>st</sup> to April 6<sup>th</sup> 2019

### Small communities of faith Fifth Sunday of Lent – Year C (maximum 1 ½ - 2 hours)

1. **Welcome....** And let's start
2. **Take time in silence.** Take a few minutes of silence... just silence... stillness. Concentrate on your breathing. Be aware of the Lord's presence. Don't think. Just be present. If you have difficulty to be still just read a few words or sentences from a psalm. (You can also listen to 3 minutes of quiet and inspiring music while keeping silent, but eventually it's good to just live this moment in silence.)
3. **Sharing** Take a few moments to discuss the "highlight of my week". How was my week? For what am I most grateful? What blessings the Lord has showered on me, on my family? Did I take some time alone? Please be brief. **Note:** All that is said between the participants must remain confidential in order that everyone feels at ease to share freely about oneself. Thank you for respecting this.
4. **Lectio Divina**                      **Scripture Sunday April 7<sup>th</sup>**  
Second reading: Phil 3, 8-14  

(I prefer that you use your own bible, no photocopies. This forces you to open your Bible and read it... what a great idea!) It is best the group use various translations. This will allow for a more interesting conversation.

**Note:** Focus on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 126 (*The Lord has done great things for us; we are filled with joy*) at the beginning, and then just share the words that touch you, and maybe also the emotions it evokes. Afterwards, do *Lectio* (all the steps) with the *one* text suggested. The essential thing in *Lectio* is reflecting in depth on *one* text, letting the Word of God sink into you, not going through all the readings. Let the Holy Spirit guide you.
5. **Read the meditation** for this week (we will discuss it next week, for the time being, just read it). Read again at home.
6. **Time of prayer together** (There will be a time of spontaneous prayer before we say our final prayer.) Take turns to pray... as you so wish. Here are a few suggestions:
  - a) prayer of thanksgiving, of praise, of blessing and adoration  
*I thank you Lord for.... I praise you Lord for.... I bless you Lord for....*
  - b) prayer of petition, of intercession *I ask you Lord for... I pray for this... situation...*
7. **The meeting is ended.** It is time to head home, till the next meeting. There should be no coffee and cookies after the meeting...

## Lectio divina – Week 5 from April 7<sup>th</sup> to 13<sup>th</sup> 2019

### Small communities of faith

#### Palm Sunday – Year C

(maximum 1 ½ - 2 hours)

1. **Welcome....** And let's start
2. **Take time in silence.** Take a few minutes of silence... just silence... stillness. Concentrate on your breathing. Be aware of the Lord's presence. Don't think. Just be present. If you have difficulty to be still just read a few words or sentences from a psalm. (You can also listen to 3 minutes of quiet and inspiring music while keeping silent, but eventually it's good to just live this moment in silence.)
3. **Sharing** Take a few moments to discuss the "highlight of my week". How was my week? For what am I most grateful? As we approach the Good Friday season we will dig a little deeper. If you are comfortable, try to share something you are struggling with these days? Where do I need the Lord's help? Where do I need the community's prayers? Please be brief (max 2 min).

**Note:** All that is said between the participants must remain confidential in order that everyone feels at ease to share freely about oneself. Thank you for respecting this.

4. **Lectio Divina**                      **Scripture Sunday April 14<sup>th</sup>**

First and second reading: Isa 50, 4-7 et Phil 2, 6-11

**Note:** Focus on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 22 (*My God, my God why have you forsaken me?*) at the beginning, and then just share the words that touch you, and maybe also the emotions it evokes. Afterwards, do *Lectio* (all the steps) with the *one* text suggested. The essential thing is to let the Word of God sink into you, not going through the entire Gospel. Let the Holy Spirit guide you.

5. **Read the meditation** for this week. Read again at home.
6. **Time of prayer together** (There will be a time of spontaneous prayer before we say our final prayer.) Take turns to pray... as you so wish. Here are a few suggestions:
  - a) prayer of thanksgiving, of praise, of blessing and adoration  
*I thank you Lord for.... I praise you Lord for.... I bless you Lord for....*
  - b) prayer of petition, of intercession *I ask you Lord for... I pray for this... situation...*
7. **The meeting is ended.** It is time to head home, till the next meeting, the following week. There should be no coffee and cookies after the meeting...

**We will NOT meet next week.** We invite you, as fully as possible, to participate in the liturgies of the week... Holy Thursday, Passion Friday, Easter Vigil. This will be our LECTIO. However, you might want to prepare a potluck meal or snack for the next and last meeting, the week of April 22<sup>nd</sup>, Easter holy week as we rejoice in the Resurrection of our Lord.

**Lectio divina – Week 6 from April 22<sup>nd</sup> to 27<sup>th</sup> 2019**

**Small communities of faith  
Second Sunday of Easter – Year C**

**Divine Mercy Sunday**  
(maximum 1 ½ - 2 hours)

1. **Welcome....** And let's start
2. **Take time in silence.** Take a few minutes of silence... just silence... stillness. Concentrate on your breathing. Be aware of the Lord's presence. Don't think. Just be present. If you have difficulty to be still just read a few words or sentences from a psalm. (You can also listen to 3 minutes of quiet and inspiring music while keeping silent, but eventually it's good to just live this moment in silence.)
3. **Sharing** Take a few moments to discuss the "highlight of my week". How was my week? For what am I most grateful? What has particularly touched me in all that I have seen and contemplated during the Holy Week of the Passion? What graces have I received? Please be brief (max 2 min).

**Note:** All that is said between the participants must remain confidential in order that everyone feels at ease to share freely about oneself. Thank you for respecting this.

4. **Lectio Divina**                      **Scripture Sunday April 28<sup>th</sup>**

Gospel: Jn 20, 19-31

(I prefer that you use your own bible, no photocopies. This forces you to open your Bible and read it... what a great idea!) It is best the group use various translations. This will allow for a more interesting conversation.

**Note:** Focus on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 118 (*His steadfast love endures for ever*) at the beginning, and then just share the words that touch you, and maybe also the emotions it evokes. Afterwards, do *Lectio* (all the steps) with the *one* text suggested. The essential thing in *Lectio* is reflecting in depth on *one* text, letting the Word of God sink into you, not going through all the readings. Let the Holy Spirit guide you.

5. **Read the meditation** We will discuss it during the sharing of a meal or a snack, if that is what you have planned. For the time being, just read it. Read again at home.
6. **Time of prayer together** (There will be a time of spontaneous prayer before we say our final prayer.) Take turns to pray... as you so wish. Here are a few suggestions:
  - a) prayer of thanksgiving, of praise, of blessing and adoration  
*I thank you Lord for.... I praise you Lord for.... I bless you Lord for....*
  - b) prayer of petition, of intercession *I ask you Lord for... I pray for this... situation...*
7. **The meeting is ended, our last meeting** We have our potluck meal or snack now, or coffee and cookies as you may have planned.... finally!! ☺
8. **Share your experience of these seven weeks**

During the meal or snack, look back on the seven weeks spent together. Have you had experiences that resemble those of the early Christians as mentioned in the Acts of the Apostles? They shared their faith, their thoughts. How did I benefit from our meetings? What did I learn? Did I grow in my faith, as a person? What touched me more specifically? And now ... what could our small community do?