

Lectio divina –Week 1

Nov 17th – 23rd 2019

**Small communities of faith
Feast of Christ the King (year C)
(maximum 1 ½ - 2 hours)**

1. Welcome.... And let's start

As you take your place, in silence find in your bible **Psalm 122**

"Let us go to the house of the Lord!"

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 the 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: Introduce yourselves, as this is the first meeting. What can I say about myself, my faith, my interest in the Word of God? Or 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? Please be brief. **Note:** All that is said between the participants must remain confidential in order that everyone feels free to express themselves. Thank you for respecting this.

4. Lectio Divina Scripture Sunday 24th November

Colossians 1: 9-20

(It is preferable that everyone uses their 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. It is preferable to center on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 122 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...

Note: If you have new members please read the *Lectio divina: Method for biblical prayer* sheet (available on the parish website) at the beginning so all can understand what is Lectio and how to proceed.

Lectio divina – Week 2

Nov 24th – 30th 2019

**Small communities of faith
1st Sunday of Advent (year A)
(maximum 1 ½ - 2 hours)**

1. Welcome.... And let's start

As you take your place, in silence find in your bible **Psalm 122**

"Let us go to the house of the Lord!" (same psalm as last week, but different verses)

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 the 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 free to express themselves. Thank you for respecting this.

4. Lectio Divina Scripture Sunday 1st December

Isaiah 1: 27-31 and 2: 1-5

(It is preferable that everyone uses their 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. It is preferable to center on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 122 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...

Note: If you have new members please read the *Lectio divina: Method for biblical prayer* sheet (available on the parish website) at the beginning so all can understand what is Lectio and how to proceed.

Lectio divina – Week 3

Dec. 1st – 7th 2019

**Small communities of faith
2nd Sunday of Advent (year A)
(maximum 1 ½ - 2 hours)**

1. Welcome.... And let's start

As you take your place, in silence find in your bible **Psalm 72**
"Give the King your justice, O God"

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 the 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? Please be brief.
Note: All that is said between the participants must remain confidential in order that everyone feels free to express themselves. Thank you for respecting this.

4. Lectio Divina Scripture Sunday 8th December

Matthew 3: 1-12 (main focus)

(It is preferable that everyone uses their 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. It is preferable to center on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 72 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...*

9. The meeting is ended. It is time to head home, till the next meeting. There should be no coffee and cookies after the meeting...

Note: If you have new members please read the *Lectio divina: Method for biblical prayer* sheet (available on the parish website) at the beginning so all can understand what is Lectio and how to proceed.

Lectio divina – Week 4

Dec. 8th– 14th 2019

**Small communities of faith
3rd Sunday of Advent (year A)
(maximum 1 ½ - 2 hours)**

1. Welcome.... And let's start

As you take your place, in silence find in your bible **Psalm 146**
"Happy are those whose help is the God of Jacob"

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 the 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? Please be brief.
Note: All that is said between the participants must remain confidential in order that everyone feels free to express themselves. Thank you for respecting this.

4. Lectio Divina Scripture Sunday 15th December

Isaiah 35, 1-10

It is preferable that everyone uses their 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. It is preferable to center on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 146 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... However, you may plan coffee and cookies for next week, which will be the last meeting, or a potluck meal as you wish.

Note: If you have new members please read the *Lectio divina: Method for biblical prayer* sheet (available on the parish website) at the beginning so all can understand what is Lectio and how to proceed.

Lectio divina – Week 5
Dec 15th– 21th 2019
Small communities of faith
4th Sunday of Advent (year A)

1. Welcome.... And let's start

As you take your place, in silence find in your bible **Psalm 24**
"The earth is the Lord's and all that is in it"

It is the suggested reading for today or open the Bible to a psalm of your choice.

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 the 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: Sharing will take place at the end of the meeting at the time of the light snack or the meal. But you can also share your week at this time. What was 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? Please be brief.
Note: All that is said between the participants must remain confidential in order that everyone feels free to express themselves. Thank you for respecting this.

4. Lectio Divina Scripture Sunday 22nd December

Psalm 24

(It is preferable that everyone uses their 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. It is preferable to center on only **1** reading from the Sunday Scripture. But you could read in silence a psalm different from the one of this Sunday 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. Read again at home.

6. Time of prayer together (There will be a time of spontaneous prayer before the light snack or the meal.) 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. Sharing food Time for the potluck meal now, or coffee and cookies depending on what you have planned... finally!! 😊

8. Sharing your experience Take a moment together to share your experience of these five weeks of *Lectio divina* before returning home. Briefly describe your experience. How have I enjoyed it? What have I learned? Have I grown? What touched me most?