

Lectio divina – Week 1 from 24th – 29th February 2020

**Small communities of faith
First Sunday of Lent – 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 51**
"Have mercy on me, God, in your goodness!"

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 Gospel Sunday 1st March

Mt 4: 1-11

(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 51 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 from 2nd to 7th March 2020

Small communities of faith Second Sunday of Lent – 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 33**
"Rejoice, you just, in 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 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** **Gospel Sunday March 8th**
Mt 17: 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 33 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...

5Lectio divina – Week 4 from March 16th to 21st 2020

Small communities of faith Fourth Sunday of Lent – 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 23**
"The Lord is my shepherd!"
- 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** **Gospel Sunday March 22nd**
Jn 9: 1-38

(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 23 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 6 from March 30th to April 4th 2020

Small communities of faith

Palm Sunday – 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 22**
"My God, my God, why have you abandoned me!"
- 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** **Gospel Sunday April 5th**

Mt 26: 36-46; 69-75

Note: Focus on only **1** reading from the Sunday Scripture. But you could read in silence a psalm perhaps Sunday's psalm 22 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 22nd, Easter holy week as we rejoice in the Resurrection of our Lord.

