

LECTIO DIVINA

SACRED HEART MEN

There are five stages of Lectio Divina. Remember this is a prayer not a discussion - we each want to hear how the Lord is speaking to us personally through His Word. Embrace the silence! Only share if you want to, but it can help others if you do.

Leader begins with an opening prayer

Read the text **slowly**:

1. Lectio – What does the biblical text say **in itself**? Take some time in silence. Then (if you like), explain briefly the meaning of the text, or of part of it. Be respectful of each other's contributions, even if you see it differently; **this isn't the context for a debate**

2. Meditatio – What does the biblical text say to us? Take some more time in silence. Then, if you like, share one sentence of how the text connects to your life, **speaks to you personally**. **Listen to each other, don't respond**

3. Oratio – What do we say to the Lord in response to his word? Take some time in silence to let God inspire in you a prayer in response to this text. If you feel comfortable, you can express it out loud, **addressing God directly**. Stay brief, one sentence or two.

4. Contemplatio – What does this word reveal to me of **the face of God**? Does it show me God as Father, comforter, healer, guide? As holy, glorious, merciful? Take some silent time to rest in that. Savour it. Then, if you like, you can share this with the group.

5. Actio – What **concrete decision** can I make in response to this word? Take some more time in silence to think about your life. How can my life of loving dialogue with God overflow to others? **Make a resolution**. Share it if you like.