

LECTIO DIVINA IS LATIN FOR 'HOLY READING'

The word of God is alive, active and can transform us. *Lectio Divina* helps us to understand Scripture and deepen our relationship with Christ.

In the *Life in Christ* handouts we suggest Scripture to use, then for Disc Three we encourage the use of the following Sunday's Gospel. It is important to note that if the Gospel reading is long it would be better to just use part of it

Here is a simple process to use at the end of the discussion time as part of the prayer.

Read

One or two people should read the Scripture slowly to the group. Following the reading there should be some silent time for the group to follow the next steps

Reflection

Personal reflection. Each person should take some time to consider what God is saying to them in the reading. Perhaps a phrase, line or word stands out? Think about that and what it means personally. What does it bring to mind in my life?

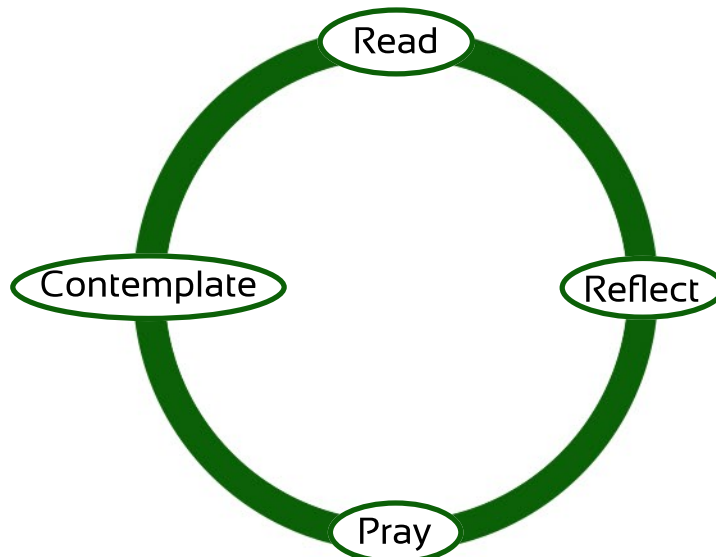
Prayer

Now move from the head to the heart. How do we respond in prayer, inspired by the Word of God? How will this transform or change you? What does this mean in your life?

Contemplation

Here we rest in the Word. We let go of our thoughts and words.

You may wish to share your phrase/line/word briefly on the *Lectio Divina* as a group



Meditation engages thought, imagination, emotion, and desire. This mobilization of faculties is necessary in order to deepen our convictions of faith, prompt the conversion of our heart, and strengthen our will to follow Christ. Christian prayer tries above all to meditate on the mysteries of Christ, as in lectio divina or the rosary. This form of prayerful reflection is of great value, but Christian prayer should go further: to the knowledge of the love of the Lord Jesus, to union with him. CCC 2708