



Lectio Divina



- To prepare for your Lectio Divina prayer time, create a focal point with a Bible (open at your reading) an icon, a candle and a cloth.
- Give each person a copy of the chosen scripture, or have the Bible so all can view the chosen piece.
- Begin with the sign of the cross and perhaps play some quiet music to begin your reflection.
- Tell the group – ***'You are going to be listening to some scripture and thinking about what it is saying to you. Try to listen carefully to the words and think about what God is trying to tell you.'***
- Read the scripture (not too quickly).
- Say – ***'Reflect for a moment upon the scripture you have just heard. Think which words and phrases are most important for you. Think about what God is trying to tell you through this scripture.'***
- Pause for a while to allow everyone to think and reflect.
- Now ask someone to read the scripture for a second time.
- Then invite people to share aloud the words or phrases that were important to them. Encourage each other to say why the words were chosen and why they have importance for a particular person.
- Read the scripture for a third time. Pause at or use expression with the words and phrases people found important. You could even ring a little bell when the important words are spoken.
- Play some quiet music for a while.
- Say the closing prayer:
Thank you God for allowing us to hear your Word and to become closer to you; may we take your Word and use it in our lives.
- Finish with:
'Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.'
- Leave the scripture available for reading later if you would like to.

Lectio Divina for October



The Annunciation

Luke 1: 26- 33 38-39

²⁶ In the sixth month of Elizabeth's pregnancy God sent the angel Gabriel to a town in Galilee named Nazareth. He had a message for a young woman promised in marriage to a man named Joseph, who was a descendant of King David. Her name was Mary. The angel came to her and said, "Peace be with you! The Lord is with you and has greatly blessed you!"

Mary was deeply troubled by the angel's message and she wondered what his words meant. The angel said to her, "Don't be afraid Mary; God has been gracious to you. You will become pregnant and give birth to a son, and you will name him Jesus. He will be great and will be called the Son of the God.

³⁸ "I am the Lord's servant," said Mary; "may it happen to me as you have said." And the angel left her.

This week we enter into October - a month dedicated to the Holy Rosary. It's a reminder that we can look to Mary not only as an example, but also as a friend who prays with us when we need her the most.

Take some time this month to come to pray with Mary.

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‘I am the Way, the Truth and the Life’.

John 14:1-7

14 “Let not your hearts be troubled. Believe in God; believe also in me. ²In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? ³And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. ⁴And you know the way to where I am going.” ⁵Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” ⁶Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me. ⁷If you had known me, you would have known my Father also. From now on you do know him and have seen him.”