

## Lectio Divina | Leaders Guide

**Take 20 minutes to follow this prayer guide together. Before starting, decide who will be reading and the order of the readers . You will read the whole passage 4 times.**

1. Move into a comfortable, relaxed position. Sit together in silence for about a minute, preparing yourselves to hear from God.
2. **First Reading:** Invite the group to listen to the passage silently and stay present with God with whatever comes, trying not to analyze it. Ask the group to listen for a word or a phrase that catches their attention. Read slowly and clearly.
3. After reading, invite them to share their word or phrase aloud without comment, if they would like. Then invite the group to silently repeat or meditate on their word or phrase (about a minute).
4. **Second reading:** Invite them to listen to the passage again, this time paying attention to their emotions: What feelings does this text evoke? Invite the designated group member to read the passage again.
5. After the reading, invite them to name one feeling, without comment, if they would like. Invite them to hold this feeling before God as you sit in silence (about a minute).
6. **Third reading:** Invite them to listen again, from the perspective of someone else other than themselves when hearing the passage, and paying attention to their internal response. Have the next reader read.
7. Pause again for silence (1 min), asking members to sit with their internal response to the reading and to bring it before God. After the silence, invite the group to share their perspective briefly if they choose. Allow as many people to share as you have time for, making sure to leave 4-5 minutes for the rest of the prayer time.
8. **Fourth reading:** For the final reading, invite the group to listen for an invitation from God to do or to be something today. Ask the last reader to read for the final time.
9. Invite the group to share any invitation they may have heard, without comment. Then encourage the group to rest in God with whatever they have heard. Remind them that God is the one who will enable them to respond faithfully. Allow silence for about a minute.
10. Finally, encourage them to write down the word or phrase or invitation. Invite them to carry those words into their lives and be attentive to them throughout the day. Close the time in prayer.