



# The God Who Speaks

## Lectio Divina



*Items Needed: Bibles + Sheets, Pens/Pencils, Blank Papers, Candle, Meditation Music*

*Timings are just a suggestion, see what deems best with you.*

Let us remember we are in the holy presence of God & let us adore Him.

Lectio Divina is a method of prayer that has been practised for a long time. A prayer of conversation where God will speak to you through your hearts and minds.

As you can see on the sheets it is divided into 4 sections:

- Lectio: reading the passage,
- Meditatio: thinking about the passage read,
- Oratio: praying through the thinking done,
- Contemplatio: living the reflections.

Do not focus on getting something out of this workshop but focus on giving time to God and let him speak to you. It is very normal that your mind wanders off into thoughts, it is completely fine. Just acknowledge the thoughts and refocus. Take your time and take it step by step.

To start, sit straight on your chairs, feet on the floor and hands by your sides or on your laps. The important is that you listen actively and attentively.

### ***Lectio: 5 – 8 minutes***

Read the passage. Take some time to read it again, once or twice. Read it slowly and focus on the words you are reading.

Pick a phrase or a word that resonated with you, that you feel it stuck with you, and write it on the sheet.

### ***Meditatio: 5 – 10 minutes***

Take the time to think about the phrase or word chosen. Let's chew and gnaw and see what it has to offer. Think and look at it from various directions: why is it important? What feeling does it give? How does it connect to your life today? How does it rekindle your senses: touch, taste, smell, sight and hear?

Do not move on yet, just write your thoughts.

**Oratio: 10 – 15 minutes**

Be patient. Listen to your active thoughts and analyse what they have to say. If any distraction thoughts come along, acknowledge them and refocus. Ask: God, why did you give me this phrase or word? Why do I feel this way about it? What if I was there and could ask about it, what would I ask? Write down any thoughts or prayers that cross your mind.

**Contemplato: 5 – 10 minutes**

This is the call for action. This is way God speaks through us and feel God's closeness. Ask: How will you live the phrase or word in your life? How will you transfer it to those you meet? Write down any practical ways of how you will accomplish this.

***Pray:***

Living God,  
you walk alongside us  
and speak to us throughout the Scriptures.  
Your Son, Jesus Christ, listens to our hopes and fears  
and shows us how to live for one another.  
Send us the Holy Spirit to open our hearts and minds  
so that we may be your witnesses throughout the world. Amen

St John Baptist De La Salle... *Pray for us*

St. Matthew/John/Luke/Mark... *Pray for us*

St Jerome... *Pray for us*

Live Jesus in our hearts... *forever*

**Suggested Bible Passages:**

*Luke 21: 29-33: The Lesson of the Fig Tree*

*Mark 6: 46-52: Jesus Walks on the Water*

*Matthew 24: 32-35: The Lesson of the Fig Tree*

*John 6: 16-21: Jesus Walks on the Water*

*Mark 13: 28-31: The Lesson of the Fig Tree*

*Luke 6: 20-26: Happiness and Sorrow*

*Luke 14: 34 – 35: Worthless Salt*

*Matthew 5: 3-11: True Happiness*

*Matthew 5: 13-16: Salt and Light*

*1 Timothy 4: 11-16: A Good Servant of Jesus Christ*

*Mark 9: 49 -50: Salt of the Earth*

*1 Corinthians 13: 1-13 or split in 1 – 7 and 8-13: Love*

*Matthew 14: 22-33: Jesus Walks on the Water*

*Psalm 46: God is with us*