



## **Lectio Divina**

A time of contemplating Sacred Scripture  
adapted for a small group

### **1. Preparation:**

- Pre-read the Gospel of the day.
- Pre-read the appropriate part of a Gospel commentary.

### **2. Introduction:**

Introductory prayer to welcome the Word.

Father, we praise you and bless you  
for this time together to reflect on  
the Gospel.

We thank you for your active presence  
in our lives, especially as you speak to us  
through the words of Sacred Scripture.

We pray now that we may listen to you  
as you speak in the words of the Gospel  
and in our sharing.

Through your Spirit give us listening hearts  
like Mary our Mother  
and the courage to act as Jesus would.

We make this prayer in the name of Jesus.

Amen.

### **3. Reading (*Lectio*):**

Read the Gospel passage aloud.

Read the Gospel passage clearly, slowly and reverently, while the participants listen in faith to the Word of God.

#### **4. Reflection (*Meditatio*):**

Following the reading there is a period of silent reflection to allow the Word to echo in their hearts.

The leader invites each participant to share a word or a phrase from the Gospel that stayed with him/her. Using a phrase such as, "The word (phrase / idea) that stayed with me was..."

Each sharing is followed by a period of silence as participants reflect on the sharing.

#### **5. Reading (*Lectio*):**

Read the Gospel passage aloud for a second time.

Read the Gospel passage clearly, slowly and reverently. The participants listen in faith to the Word of God.

#### **6. Reflection (*Meditatio*):**

Following the reading there is a period of silent reflection to reflect on what the reading meant to each participant. Using a phrase such as, "The reading is saying to me..."

Each sharing is followed by a period of silence as we all reflect on the sharing.

#### **7. Prayer (*Oratio*):**

After each participant has had the opportunity to share their reflection, they are invited to rephrase the sharing into an intercessory prayer. Using a phrase such as, "My prayer is ..."

#### **8. Contemplation (*Contemplatio*):**

Invite participants to let go of words or thoughts and allow themselves to rest in the presence of God in simple and wordless contemplation.

#### **9. Conclusion:**

- Concluding prayer.  
Father, we thank you for the gifts we have received just now from you and through each other.  
  
Help us to treasure your Word, pondering it in our hearts as Mary did.

May it bring us closer to  
flowing your holy will.

May your Spirit bind us together more and more  
in unity as we struggle to carry out our  
common mission for your Kingdom.

We make this prayer through  
Christ our Lord.

Amen.

## Resources:

- Daily Readings:
  - The readings of the day can be found in the Marist Calendar.
  - The USA Catholic Bishops website, <http://www.usccb.org/bible/readings> has the daily readings, an audio version and a video reflection.
  
- On-line Scripture Commentaries:
  - <http://www.maristbrothers.org.nz/spirituality/sunday-gospel-commentary/>  
By Br Kieran Fenn FMS – New Zealand
  - [www.creighton.edu/collaborativeministry/daily.html](http://www.creighton.edu/collaborativeministry/daily.html) A Jesuit site - USA
  - [http://www.clerus.org/bibliaclerus/index\\_eng.html](http://www.clerus.org/bibliaclerus/index_eng.html) A Vatican site
  - <http://livingspace.sacredspace.ie/> Irish Jesuits
  - <http://www.passionist.org/reflection/daily> Passionist Fathers - USA
  - <http://goodnews.ie/> Dominican Fathers - Ireland
  
- Scripture Study Books:
  - Collegeville Bible Commentary

**Marist Spirituality in the tradition of St. Marcellin Champagnat SM**

