



For every meeting

We give suggestions for each week's group meeting, but it is up to you to organise how you feel best. Feel free to move things around, omit or add things; you must feel comfortable with your meeting.

Begin with tea and biscuits while people gather and are welcomed.

You might like to set the scene with a centrepiece, maybe a candle and cloth of Lenten colours.

Lectio Divina

1. Opening Prayer – Take a couple of minutes of quiet prayer to ask God, the Spirit and or Christ to be with you during the meeting and to speak to the heart of each person in the group.
2. Sharing
Ask each individual to go over their prayer times this week and share what they are comfortable with.
 - How did they find praying the Scripture or the other meditation?
 - Did time seem to drag, or did it go quickly.
 - Did anything surprise them?
 - Did any of the Scripture passages or other meditations have any special meaning for them?
 - How did you feel over the week?
 - What is God saying to you?
3. Divine Reading - Lectio Divina: lead the group through a prayerful reading of Scripture.

Before you start have a passage of scripture you would like to use. You can use the scripture from the day you are meeting or from the Sunday, or another piece of scripture if you prefer. Make sure everyone has access to the scripture.

It will be good to explain the stages of this prayer before doing it.

- Begin with one of the stilling exercises you did last week.
- Ask the group to be aware that they are in the presence of God.
- Dedicate this time to God and ask God to show each one what God wants them to see.
- **Read-Lectio:** Have someone in the group read the whole passage slowly.
- **Meditate-Meditatio:** Ask the group to go over the passage again as individuals, stop wherever a word or phrase seems to say something. Let the words speak to you.
- Let the passage touch your own life, your memories. There is no one meaning; the same passage may say very different things to different people.
- **Talk to God – Oratio:** Speak to God in your own words. Imagine God speaking back to you. Express your own desires.
- **Contemplate – Contemplatio:** Be quiet and open before God. Rest. Let the mind be still.

Allow this fourfold process to continue a number of times until the period of prayer is over.

A Prayer: Finish with a formal prayer everyone knows like the Lord's Prayer/Our Father.

After a short break it would be good for those who wish to share something of this prayer with the group.

This could be the words from Scripture that spoke to them.

It could be what God was saying to them or it could be how they feel now.

4. Looking Forward – Make sure the time and venue etc. of the next meeting is clear.

Thank everyone for coming.

