

Lectio Divina for Small Groups

Group Rules

- Confidentiality: everything said in the group stays in the group (with the usual proviso about safeguarding)
- Group members need to be honest when they talk but are always free to "pass." There should never be any pressure to share publicly.
- This is not a discussion group or counselling session. The purpose is to meet the Lord and hear him.
- Only one person speaks at a time and no-one comments on anything said by anyone else.

Step One - Preparation

- Have copies of the text available for everyone
- Pray briefly for the group to be open and receptive to God's Word.
- Be silent for 1-2 minutes

Step Two – Reading

- Have someone read the passage slowly out loud.
- Have a time of silence for 1-2 minutes.
- Have a second person read the passage slowly out loud.
- Have a time of silence for 1-2 minutes.

Step Three - Meditation

- Invite people to repeat a word or phrase from the reading that caught their eye and heart.
- Have a time of silence for 1-2 minutes.
- Invite people to say briefly how the word or phrase they've spoken connects with their lives.
- Have a time of silence for 1-2 minutes.

Step Four - Prayer

- Invite people to bring anything that has occurred to them to the Lord in prayer.
- Have a time of silence for 1-2 minutes.
- Pray the Lord's Prayer and close with a simple blessing.