

Lectio Divina with focus on silence

1. Decide which scripture you want to pray with. Talk briefly through the process that will be used so that all are comfortable.
2. Begin in prayer: for example : ‘O that today we may listen to your voice, harden not our hearts’ or ‘Come Holy Spirit’. Sit in silence for a moment opening yourselves to the presence of God through the Word.
3. Lectio (Reader 1) – Read the Gospel passage out loud slowly and reflectively – respecting the pauses the passage presents. After a moment of silence, read the Gospel passage again. (In a group, read the passage aloud).
4. Silence (approx. 3 mins) – Spend this time reflecting: “What is the Scripture itself saying?”
5. Meditatio (Reader 2) --- Read the Gospel passage slowly and reflectively again. As we listen to the Word this time, we allow the words we are reading to mind to our heart.
6. Silence (approx. 3 mins) – “What is the Scripture saying to my heart?” Prayerfully “echo” the Word by choosing a word or phrase that resonates in your heart at this time.
7. Oratio (Prayer) – What do you wish to say to the Lord in response to the Word he has spoken to you? Silently offer a simple prayer of response to the Lord (i.e., praise, thanks, petition) related to the Word you are pondering. (approx. 1---2 mins)
8. Contemplatio (Contemplate) – We rest in the Word we have received, savouring it, waiting with it. (approx. 3---5 mins)
9. Collatio (Sharing) – In your heart gather the fruits of this Meditation. One of the following questions may help facilitate your reflection: • What truth is the Lord presenting to my mind? (Truth) • What is the Word saying to my heart? (Life) • What is the Word saying to me about my actions, my service, my choices? (Way) In a group, each person is invited to share briefly (approx. 1-2 min) what the Word is saying to them.

The Scripture Passage:

Matthew 6:7-15 (NRSV)

7 “When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. 8 Do not be like them, for your Father knows what you need before you ask him. 9 “Pray then in this way: Our Father in heaven, hallowed be your name. 10 Your kingdom come. Your will be done, on earth as it is in heaven. 11 Give us this day our daily bread.[a] 12 And forgive us our debts, as we also have forgiven our debtors. 13 And do not bring us to the time of trial,[b] but rescue us from the evil one.[c] 14 For if you forgive others their trespasses, your heavenly Father will also forgive you; 15 but if you do not forgive others, neither will your Father forgive your trespasses.