

Lectio Divina using imaginative prayer

Introduction:

Provide the text of scripture for each person.

Keep an eye on time passing as you guide and adjust appropriately.

Very briefly indicate that you will lead from one stage to the next (so people don't rush ahead).

As you guide, indicate the length of time to be given for silences.

Settling to prayer:

Lead the group in a brief prayer invoking God's Holy Spirit.

Guide the group into relaxation using imagination (eg. of an imagined scene) or a recognized method to relax (eg. relaxing in turn each part of the body).

Allow at least 2-3 minutes for this important time.

First Read

Read the scripture carefully and with brief pauses between sentences or sections.

Guide the group into using their imagination:

Eg. Picture the scene. Is it outdoors, in the open? See the people. Place yourself in this crowd listening. In your imagination, be there. Are you close to Jesus or away? How are you feeling, listening to Jesus? Where is he looking? What has struck me from what he is saying, from this scene of Jesus with people?

Allow 2 minutes of silence.

Read a second time:

Ask a pre-arranged person to read the passage again.

Guide the group to savour the words that resonate with each person.

What has struck you? Still the same as when you first heard a moment ago? What words resonate with me, maybe meant for me, Jesus reaching out to me as I watch and listen to him. The words of Jesus are for all time, they are for my life.

Allow a further minute of silence then...

Meditation:

Savour the word you have been given. It is gift for a reason. Silently repeat the word ready to take with me from this place. Maybe repeat it. Remember that you are in that crowd still. How has Jesus affected me watching and listening?

Allow 3 minutes of silence.

Response:

Imagine the crowd has gone away and you are alone, sitting with Jesus. You can talk together. Silently speak to Jesus of what you have heard from his word.

Allow 3-5 minutes of silence.

Contemplation:

Relax in the presence of Jesus silent now.

Ending:

Draw the prayer to a close with a simple Glory be... or other way of gently closing.

Guide the group to remain quiet as they move to chapel.