

Lectio Divina for Lay Carmelite General Community Meetings

(~15 minutes)

Four Elements of Lectio Divina

The reading is commonly the following Sunday's Gospel. If you split in to two circles, assign a "starter" for each circle. Remind people of the direction the sharing should go. Let the starter know what sign the leader will give to begin, e.g., a bell, a knock, "Amen". If there is only one group, the leader begins the sharing.

The leader begins with an opening prayer such as the Holy Spirit prayer. A shorter simpler call to prayer is fine as well.

1. Lectio (reading)

FIRST READING:

- Leader recites: "After this reading, share a word or phrase that draws your attention."
- Leader: Read the passage.
- Pray silently 30-60 seconds.
- Leader gives queue to begin sharing. When the sharing ends, immediately begin: Second Reading.

2. Meditatio (meditation, reflection)

SECOND READING:

- Leader recites: "After this reading, share the Gospel meaning of the passage."
- Read the passage.
- Pray silently 30-60 seconds.
- Give queue to begin sharing. When the sharing ends, immediately begin: Third Reading.

3. Oratio (prayer)

THIRD READING:

- Leader recites: "After this reading, share your personal meaning of the passage."
- Read the passage.
- Pray silently 30-60 seconds.
- Give queue to begin sharing.

4. Contemplatio (contemplation)

Pause 30-60 after last Sharing.

The Leader alone recites the Our Father.