

A Method for Group *Lectio Divina 101*

Adapted from a resource by the *Evangelical Catholic* used with permission

Prayer with Scripture as traditionally taught by monastic communities

(Good for praying with any scripture passage)

Begin by offering a prayer on behalf of the group, invoking the Holy Spirit to come lovingly through the Word to meet us.

1. First reading (two times).

- a. **Minute of silent reflection.** “What word or phrase is God drawing out of the Scripture for me?”
- b. **Share the word or phrase without elaboration.** (Around the circle, everyone shares.)

2. Second Reading.

- a. **Minute of silent reflection.** Allow the Lord to begin directing your thoughts and to ponder the passage/word/phrase. “What is the Lord saying to me through this passage/word/phrase?”
- b. **Share briefly (about a minute max):** What did it make you think of? What is running through your mind? (Random sharing – not around the circle. Some may not share, that’s okay.)
- c. Allow some discussion to happen naturally, or prompt some with some follow-up questions. But keep in mind the bulk of the conversation should come after the third reading.

3. Third Reading.

- a. **Minute of silent reflection.** Ponder: “What do you want me to do with this word?”
- b. **Sharing: “I hear the Lord saying to me. . .”, or I believe the Lord wants me to . . .”** (Random sharing – not around the circle. Some may not share, that’s okay)
- c. Allow some discussion to happen naturally, or prompt some with some follow-up questions.

Close in prayer together

Lectio Divina for Personal Prayer

Adapted from a resource by the *Evangelical Catholic* used with permission

Prepare

Quiet yourself. Ask the Holy Spirit to guide your prayer.

Read (Lectio) - Lord, what word or phrase do You want to speak to me?

Read a short scripture selection. Less is more with Scripture prayer. Digest it slowly. “Listen with the ear of your heart” (St. Benedict) for a word, phrase, or verse that stands out to you—perhaps ever so slightly. Even if something bothers you or just raises a question, note it. God catches our attention in many ways. Consider reading more than once, and/or out loud.

Reflect (Meditatio) - Lord, why this word or phrase?

Think about whatever grabbed your attention. Ponder that word or phrase. Ask questions about that word. If nothing stands out, try summarizing the passage or recount what happens in your own words. When you go back to the text, try to notice what you missed the first time. Or, imagine yourself in the scene to aid your reflection. Notice where your thoughts lead: questions that arise, comfort received, promises to claim, commands to obey, examples to follow, errors to avoid, sins to forsake, or praises to sing.

Respond (Oratio) - Lord, what do You want me to do with this?

Talk to God about this passage as you would to any person. If it helps, think of God as a parent, sibling, or trusted friend. He is your Father, Jesus has called you his friend, and with him, we are beloved children of God. Express your heart and mind to God and ask questions. If the Holy Spirit leads you to any resolution or application for your life, write it down to help you remember. Ask the Lord to help you to live it out. If you’re comfortable with intercessory prayer, ask our Blessed Mother or some other saint to pray that you will be able to live out anything God asks.

Rest (Contemplatio) - Lord, is there anything else?

Rest in God’s presence for a few minutes of silence. This allows the Lord to work on you in unseen ways. Do not worry about trying to accomplish anything in these few minutes. When you are spending time with a loved one, not every moment is filled with saying something or doing something. Sometimes you’re simply being with each other, comforted by each other’s presence. “Be still and know that I am God,” (Psalm 46:11).

A Method for Group Ignatian Contemplation 101

Prayer with Scripture as taught by St. Ignatius of Loyola

(Especially good for praying with scripture passages from the Gospels or the Book of Acts)

1. Read the passage out loud together.

- a. Allow a minute of silent reflection for people to reread the passage to themselves and get the details in their heads.
- b. Ask if anyone has any burning questions about the scene before we pray.
 1. Without getting too deep into Bible Study, invite the group to answer any questions regarding the setting or confusion about what is happening.
 2. If they wonder what Jesus means when he says something, invite them to ask Him about it during the Ignatian Contemplation, rather than providing answers for them.
- c. Invite the group to set their Bibles aside, make sure they are seated comfortably, close their eyes, and imagine themselves in the scene of the passage when you read the passage again. Explain to them that “You might imagine yourself as one of the characters that interacts with Jesus or as a bystander. Use all of your senses. What does it look like, smell like, feel like? What are the expressions on people’s faces? What is the weather like, hot? cold? bright? dark? rainy? etc.?”

2. Pray for the group, invoking the Holy Spirit to come lovingly through the Word to meet us. It might sound like, “Holy Spirit, please bless our imaginations and speak to us through this scripture passage. Teach us how to pray.”

3. Read the passage out loud again.

- a. You might choose to pause briefly at scene changes or between sections of dialog to allow people to imagine the scene.
- b. You might ask them questions like:
 1. What does it look like, smell like, feel like?
 2. What are the expressions on people’s faces?
 3. What does Jesus seem to be feeling as he says this? etc.

4. Leave a time of silence for them to imagine the scene.

5. Invite them to have a conversation with Jesus or another person in the scene if they haven’t already. Leave a time of silence for this conversation.

6. Close in Prayer, expressing gratitude for all God did in this time of prayer.

7. Invite them to share as they are comfortable, “What do you think God is trying to speak to your heart? What did you feel while conversing with him? In the silence? Do you have a sense of peace? Something else?”

Additional tool for group Ignatian Contemplation: pray-as-you-go.org

Ignatian Contemplation for Personal Prayer

Contemplating Christ

From *The Spiritual Exercises of St. Ignatius of Loyola* Week II Meditations: Life of Christ

Preparatory Prayer: I beg God our Lord for grace that all my intentions, actions, and operations may be directed to the greater service and praise of His Divine Majesty.

“Lord, please give me the grace that all my thoughts, actions, imagination, and desires may be directed to praise and serve You more”

History of the Mystery: I read the biblical narrative of the mystery. I read the Scripture passage

Composition of Place: I imagine the way to the place, and the place itself, where the mystery will unfold. I imagine the climate, the time of day, the landscape, etc., as if I were there myself.

Grace: I ask God for the grace of this meditation, that I may know Jesus more intimately, love Jesus more ardently, and follow Jesus more closely.

“Jesus, help me to know you more intimately, love you more dearly, and follow you more closely”

Points: I enter into the journey to the mystery with the persons involved (eg. the Lord, the disciples). I *see* how they appear, I *listen* to their words, I *consider* their actions, interactions and reactions. As though present, I participate in the mystery as I am led.

I take the place of one of the characters or assign myself the role of a bystander and watch it all go down. I pay close attention to how Jesus interacts with others, the choices He makes, how He reacts to others, and His emotions.

Colloquy: I approach any of the saints, and always Jesus, after the mystery to converse with him about whatever has arisen in my mind or heart. I speak, thank, ask, and listen as one friend converses with another.

Lord, why did you __? What does it mean that you __? What was it like for you that __?
What about __ happening in my life? What do you think about __? Is there anything else?

Recited Prayer: I conclude the hour with the Lord’s Prayer.

I journal about my experience in prayer, things I *saw* Jesus do or say, my questions to Him, His answers, feelings I had, and any insights that occurred to me.

Did he seem to want me to understand or do something in particular? Does that sound like God?

Is there a sense of peace? Is there anxiety or disruption?

How do I think I may be called to respond or act on this?

I thank Him for all He has done and given me in this time of Prayer.

Praying One Percent Prayer

Begin by taking a moment to breathe calmly, be present to the current moment, and become aware that Jesus is here, looking on you with love. [pause]

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Jesus, I believe that you see me, you hear me, you know me, you love me. Thank you. Please teach me to pray. Help me to be fully present to you. Give me the grace to know you better, love you more, and follow more closely as your disciple.

Help me to acknowledge how I'm doing right now. My thoughts...my feelings...my desires...
[pause and reflect]

Jesus, help me not to just think about how I'm doing, but to tell you what's on my mind and heart. Here's what's bringing me joy... *[tell Jesus]* and what's weighing on me... *[tell Jesus]*.

Jesus teach me to listen to you, is there anything you want me know about all that. *[listen]*

Come, Holy Spirit, speak to me through this Scripture passage. Please bless my imagination and help me to imagine myself in this scene—seeing and hearing all that is happening as if I am present there.

Read Scripture Passage [see link below for daily Mass readings or work your way through one of the gospels] <http://www.usccb.org/bible/readings/index.cfm>

Jesus, help me to speak to you from my heart about what stands out to me in this passage. *[tell Jesus]*

Jesus, what are you trying to show me through that? *[listen]*

Jesus, what was it like for you when you experienced the events of this passage? *[listen]*

Jesus, help me to speak to you from my heart about this passage's connection to my life. *[tell Jesus]*

Jesus, what do you want me to know or do about that? *[listen]*

Jesus, as I listen to this passage again, help me to know what You're speaking to me (or help me to know how you want me to live this truth)

[Re-read the Scripture passage above]

Jesus is there anything else you want me to know? *[listen]*

Thank you, Lord for all that you have done in this time of prayer and for being with me today.

Jesus, please heal the sick, suffering, and dying, and bless all of us who are seeking you in prayer today. I also pray for these prayer intentions *[include prayers for all those you have been praying for]*

For these and all the prayer requests of everyone who continues to pray 1% Prayer today, I pray,

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Live It

After your prayer, choose one concrete action that you can take today to live out what God has revealed in your time of prayer.

One Percent Prayer with a Group

Audio Guides to lead your group through One Percent Prayer are available at:

<https://www.archmil.org/Courageous-Communion/StepOutStronger/daily-recordings.htm>

A group could listen and pray along together, then discuss their experience of the prayer.

Or, you might choose to commit as a group to pray with one Audio Guide per day on your own. Then, when you get together as a group, you can discuss how it's been going and how you've been growing in relationship with Jesus. We recommend starting with Day 1, as the gospel passages are presented in an intentional order to facilitate growth in relationship with Jesus.

Mark-Up Method for a Group

Print a scripture passage on one side of one sheet with plenty of blank space between the lines.
(Pro-tip: copy and paste from www.usccb.org/bible)

If possible provide colored pens/pencils or highlighters.

Invite your group members to take time in silence to mark on their sheet any:

- Details or words that stand out
- Repeated words or phrases
- Connection or contrasts within the text
- Themes
- Confusing parts
- What in this passage is about action?
- Questions that arise

Invite group members to share what stands out for them and explore answers to each others' questions.

Ask the group:

How do the themes you identified relate to your life?

What's going to be different for you because you dug into this passage?

What concrete action will you take to apply what you have learned?

Mark-Up Method for Personal Prayer

Print a scripture passage on one side of one sheet with plenty of blank space between the lines.
(Pro-tip: copy and paste from www.usccb.org/bible)

Use colored pens/pencils or highlighters to “mark up” this sheet of scriptures.

Mark things like:

- Details or words that stand out to you
- Repeated words or phrases
- Connection or contrasts within the text
- Themes
- Confusing parts
- What in this passage is about action?
- Where are the breaks in the action or scene changes?
- What doesn't the scripture say? (Ex: What are the characters not saying? Is there a gap in time? How might the time in that gap have gone for those who were present? etc.)
- Any questions that arise for you

Talk to the Lord about it. How do the themes you identified relate to your life?

What's going to be different for you because you dug into this passage?

What concrete action will you take to apply what you have learned?

Pray with A.R.R.R. — Acknowledge, Relate, Receive, Respond.

Adapted from the Institute of Priestly Formation

Acknowledge what stirs within you as you read the passage and as you enter into this time of prayer. How are you doing? Really. Pay attention to your thoughts, feelings, and desires. Notice all that it brings up for you and all that's going on inside your Heart.

Relate this to God. That is, don't just *think* about it, but *tell* God about it. Don't simply think about God or about how God might react. Relate to God. Tell him how you feel. Tell him what you think. Tell him what you want. Share all your thoughts, feelings, and desires with God. Share everything with Him.

Receive. Listen to what He's telling you. It could be a subtle voice you hear. It could be a memory that pops up. Maybe He invites you to re-read part of the Scripture passage. Perhaps you feel something in your body, such as a release of tension or a warmth. Perhaps he invites you into a still, restful, silence. Trust that God is listening to you and receive what He wants to share with you.

Respond to God however you want. It could be more conversation. It could be a resolution. It could be tears or laughter. Respond to what you're receiving.

Examination of Disposition “ARRR!”

Acknowledge - what’s happening in your own heart and that Jesus is here

Relate - tell Jesus everything, entrust to Jesus whatever we find in our hearts

Receive - be still and open to what Jesus wants to give

Respond - inspired by what I have received from Jesus, I respond to Him

Acknowledge - Know yourself and Know God is here

Prayer is a relationship/dialog between you and God.

In order to make a gift of yourself, you need to know yourself.

Do I recognize that God is present?

Am I fully present to Him?

Who am I before God? How do I approach God? Do I come as a beggar?

Do I want Jesus to teach me?

Am I aware of my thoughts? feelings? desires?

Am I being real (honest) with myself and God about my thoughts? feelings? desires?

Do I believe He hears and will respond to me?

Am I limiting Him in my expectations?

Am I living discipline and desire?

Relate - Tell Jesus everything

Can I trust Him enough to tell Him everything? (intimate to share it all)

Can I believe Jesus is aching to love me?

Have I asked him for everything?

Jesus, I think...

Jesus, I feel ...

Jesus, I desire...

Receive - Be still, Listen to His Voice, Abide in His love, open to what He gives

Jesus I desire to be loved by You... Help me to let you love me...

I want to receive Your love... help me to be open and receptive to You...

Listen... Be attentive to all of your interior senses, to however God might communicate...

Is there anything else?

Respond - I converse with Him about what I received

Jesus, thank you for...

Jesus, I’m so grateful for...

Jesus, help me to take your word deeply to heart...

Jesus, I’m sorry for...