



For Group Setting

Begin in Prayer

Come Holy Spirit. *(Pause and repeat slowly.)*

Heavenly Father, I know that you want to speak to me.

Remove any obstacles or distractions that would inhibit you being able to speak to me. As a Father speaks to His beloved daughter allow my heart to hear your words of love. *(Pause, and then continue with Lectio).*

Lectio Read

In this first reading, familiarize yourself with the passage. Have someone read the passage. Allow for 30-60 seconds to process.

Discuss:

- Any questions or things you don't understand.
- Share any initial things that stand out to you. Is there anything in the passage that you relate to?

Meditatio Reflect

Have someone read the passage again, being attentive to words, phrases or images sticking out. Write them down. Allow for 2-3 minutes of silence for people to consider: what you think the Lord is trying to say? How does this passage relate to you?

After time has passed, open it to the group to share what has struck them from the reading and what God has been saying.

Oratio Respond

Read the passage a third time really focusing on the word or phrase. Allow everyone another minute or two to journal and reflect on this passage and what the Lord is saying, what the Lord is speaking to their hearts.

Contemplatio Rest

Are there any practical actions you need to take to let this time bear fruit today, and in the days to come? When finished, thank God for speaking. Pray an Our Father.

