

Group Lectio Divina

Explain to them that last week they did an individual Lectio Divina exercise. Lectio Divina can also be done in groups. This week they are going to experience a version of Lectio Divina done in groups, they can also adapt this for their own individual prayer life. It is a way to pray over the Sunday Mass readings (for this week that would be 2 Kgs 5:14-17, 2 Tm 2:8-13, Lk 17:11-19)

1st step is to pray to the Holy Spirit for help & asking Him to inspire you as you read His word, to understand what it is He wants to say to you today. This is also a good time to ask Him any specific questions you may have (silently in your heart).

2nd step is to have someone read the Gospel, slowly & clearly.

3rd step is to have a different person read the Gospel, slowly & clearly.

4th step is to have everyone say a word or short phrase that sticks out to them from the Gospel. Best is to do it popcorn style with people just blurting out their word when they are ready, but as students are new to this, may help them to go in a circle & say their word when it is their turn. (or simply write the word down)

5th step is to have another person read the Gospel again. After this reading, there should be a time of silence to listen to what God is saying to them through the Gospel.

6th step is to have someone read the 1st reading from the week. After this reading, ask people to share any connections they can think of between the 1st reading & the Gospel. Or the 1st reading to their own lives.

7th step is to have someone read the 2nd reading from the week. After this reading, ask people to share any connections they can think of between the 2nd reading & the Gospel. Or the 2nd reading to their own lives.

8th step is to read the Gospel again. This time anyone who feels comfortable can share a personal reflection or thought on the Gospel & how it relates to their life.

For the last 3 steps it is important to remind the students that they do not have to share, especially if it is something really personal to them. But anything that they are willing to share would be really beneficial to the group. We can learn a lot from the experiences of others & often the Holy Spirit gives a word to one with the hope that this word will be shared for the benefit of the whole group. Anything shared should be treated by all with respect and kept confidential, this should be a place where they can safely talk about things. Also, to go back to the point about learning from the experiences of others, we don't have time to experience everything ourselves, but we can share them & learn the lessons from them, not exactly in the same way as if we had experienced it first hand, but definitely better than if we had no knowledge of the topic at all. (The first time you do this may want to have the students write their reflections down rather than share them out loud, as speaking about spiritual things in front of their peers is so intimidating for them that it will ruin the experience...As they get more comfortable with this activity, you can ask them to note anything they wouldn't mind having the teacher read out loud to the group-without revealing the author. And then gradually invite a few of them to read what they wrote or simply to share their thoughts out loud.) Encourage them & let them know that their insights are helping your faith.