

# LECTIO DIVINA in community

## OPENING TO THE HOLY THROUGH SCRIPTURE

This is but one format for creating space and opening hearts to hear the wisdom of the Holy Spirit through Scripture. Adjust time depending on the number of people and time available.

Reading yourself and your space:

- Relax body - deep breathing asking and trusting God to bring you what you most need.
- May want to open hands in a “receive” posture
- Spirit of the Living God Fall Afresh on Us

### 1ST READING

Listen for and linger with a word or phrase which stirs your heart.

Silence ... 1 to 2 minutes

### 2ND READING

Reflect on “Where does the content of this reading touch my life today?”

Silence... 2 minutes

### 3RD READING

Reflect on “I believe that God wants me to do today/this week. . .”

Silence... 2 minutes

Journaling or Rest 5 minutes

Share with a partner 5 minutes or less each

- Your word or phrase
- How does the reading touch your life today?
- What is God inviting you to do?

AFTER SHARING, pray for the person on your right (or partner). Anyone may pass at any time. If you wish to pray silently, please just state so aloud and then say “Amen” when finished.