

Title: Lectio Divina

The word of God is something alive and active: it cuts more incisively than any two-edged sword: it can seek out the place where soul is divided from spirit, or joints from marrow; it can pass judgement on secret emotions and thoughts. (Hebrews 4: 12)

Preparation:

Sit in a circle. Explain that it doesn't matter if you have never prayed before/or if you do not go to Church. God wants to meet us where we are and speak to us.

Hand out/put on computer screen Bible passage. Explain that the passage will be read 4 times and that each time they are to think of something different. Explain that you will remind them before each reading. **(two suggested passages from Pentecost are included)**

Sign of the Cross

Step 1: Read the passage slowly. Each person should think of a word or phrase that stands out to them. Begin with yourself and share and then go around the group.

Step 2: Imagine you are in the story, either as one of the characters or seeing it from outside. What would they see, smell, hear, touch or taste? How would they feel if they were there? What personal stories does reading the passage bring to mind?

Step 3: What might God be trying to say to you in this passage? Silent time is a little longer. No sharing at this point. Pray to God in your heart about what this passage means and what God is saying to you. Write a prayer to God after reading and meditating on the passage. Imagine you are sitting next to Jesus and having a conversation with him. What would they say to him or ask him about this passage? (write on a separate piece of paper/journal)

Step 4: Read the passage for the fourth time thinking about what God has been saying, and what you think you need to take away from this prayer time. On a page draw a line down the centre of the paper. On the left side write how they were thinking/acting before reading this passage. On the right side write down what they think God is asking them to change. Prayerful silence.

Glory be to the Father

Sign of the Cross

PENTECOST READINGS

LECTIO DIVINA 1



Acts 2:1-11 (adapted)

When Pentecost Day came around, the apostles were all in one room.

Suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared on them that seemed like tongues of fire; these separated and came to rest on the head of each of them.

They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now, there were at that time devout people living in Jerusalem. They came from every nation under heaven. They were bewildered to hear these people speaking his own language. They were amazed and astonished.

'Surely', they said these men are all from Galilee. How does it happen that each of us hears them in his own native language?

We hear them preaching in our own language about the marvels of God.

LECTIO DIVINA 2

John 20:19-23



In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, "*Peace be with you,*" and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, "*Peace be with you.*"

*As the Father sent me,
so am I sending you."*

After saying this he breathed on them and said:

*"Receive the Holy Spirit.
For those whose sins you forgive,
they are forgiven;
for those whose sins you retain,
they are retained."*