



Delta Groups.

Practicing Lectio Divina¹

In Lectio Divina, we seek to experience the presence of God through reading and listening, prayer, meditation, and contemplation. Lectio Divina can be done as an individual or with your Delta Group.

Preparation

Begin with the selection of scripture from our Lenten reading schedule. Remember, the goal is not how much content you will cover. The goal is to listen for God and experience his presence.

Next, do what you must to quiet and prepare yourself to hear from God. If you need to find a quiet room, or sit in silence for several minutes, or sit in a comfortable chair, take whatever posture will help you prepare to receive and experience God's presence.

Read and Listen

When you sense that your heart is prepared, begin by slowly reading the passage of scripture that you have selected. Don't move quickly through any sentence or phrase. As you read, pay attention to what word or phrase or idea catches your attention.

Meditation

Next, begin to meditate on the word, phrase, or idea that captured your attention. Repeat it again and again. What thoughts come to mind as you meditate on this word, phrase, or idea? What are you reminded of in your life? What does it make you hope for? Meditation is no easy task. As you try to concentrate, don't be disappointed if random thoughts enter your head. As they do, offer them to God.

Prayer

Now begin to speak to God. Tell God what word, phrase or idea captured your attention and what came to mind as you meditated upon it. How is God using this word, phrase, or idea to bless and transform you? Tell God what you have been thinking and feeling as you've listened and meditated. Tell God how you hope this word, phrase or idea will change your heart to be more like his.

¹ Adapted from "Lectio Divina: An Ancient Contemplative Spiritual Practice," Faithward, <https://www.faithward.org/lectio-divina-an-ancient-contemplative-spiritual-practice/>

Contemplation

Finish by focusing your attention on the fact that God's presence is with you. If as you try to focus on God's presence you sense a need to read the text again, or continue meditating, or to simply continue talking with God, allow yourself to do so. As you do, know that you are in the presence of God.

Study

Once you have read, meditated, and contemplated on the passage, you may still have questions or there may be concepts that you don't understand. For this, we recommend a good study Bible (for example, the NIV Study Bible). Read the study notes for the passage in your study Bible. You can also write down any questions you might have about the passage to share with your Delta Group later.

Practicing Lectio Divina with Your Delta Group

Begin by identifying an individual to lead the process. Then, allow each person to take a turn reading the selected text. Each reading is followed by a period of silence after which each person is given the opportunity to briefly share what they are hearing as they listen to God.

First Reading

During the first reading, read the text through slowly. The purpose of the first reading is for each person to hear the text and to listen for a word, phrase or idea that captures their attention. As group members recognize a word, phrase, or idea, they are to focus their attention on that word, perhaps writing it down to share with the group.

Second Reading

During the second reading, read the text again. This time, listeners are to focus their attention on how the word, phrase or idea speaks to their life that day. What does it mean for you today? How is Christ, the Word, speaking to you about your life through this word, phrase, or idea? What is Christ, the Word, speaking to you about your life through this word, phrase, or idea? After the reading, allow a brief period of silence and then invite group members to share briefly what they have heard.

Third and Fourth Readings

Read the text again. This time, listeners are to focus on what God is calling them to do or to become. Experiencing God's presence changes us. It calls us to something. During this final reading, what is God calling you to do or to be because of this experience? After the third reading, allow a period of silence, and then invite group members to share what they are being called to do or to be.

Reflection Questions

As a group, review and take turns responding to the weekly reflection questions. Finish the exercise by having each person pray for the person on his or her right.