

Midweek Groups: Lectio

Lectio Exercise

Select one of the passages to reflect on and follow the directions below. Make sure you allow time to reflect in between each reading – don't rush! Allow time for silence and reflection, even if it seems awkward.

- 1. Lectio** – This first movement consists of reading the scriptural passage slowly and attentively. Identify words or phrases in the passage that grab your attention. (*Read the entire passage once*)
- 2. Meditatio** – Next, spend some time contemplating the passage and the words or phrases that stood out upon first reading. Try 'praying the passage', opening your mind to God's understanding of this passage. (*Read the passage again*)
- 3. Oratio** – After another reading, share with each other the words that you focused on and perhaps the result of your meditation on them. (*Read the passage and then have an extended time of sharing – see below*)

After the 3rd reading, use the following questions to draw some discussion from the passage and what people were reflecting on.

- a. What words or phrases stood out to you from this passage? Why?**
- b. How does this text speak to you in your current situation and environment?**
- c. What is the text calling you to do or become this week? (How do I need to live in light of this scripture?)**

[**Optional** – Feel free to share prayer requests or things to pray for in light of the passage before the final reading. And then after the final reading, you can go straight to time of prayer and close with Lord's Prayer.]

- 4. Contemplatio** – Close by reading the passage a final time, try to 'savor' the words and thoughts shared earlier. (*Read the passage one last time*)