

Lectio Divina for Cor

This lectio format can be used for any scripture passage that is relevant to the day of our Cor Gathering. The reading may be selected from the Old Testament, the Gospels and the New Testament letters.

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Leader: Let us take a few minutes in silence to remind ourselves that we are in the presence of God. Focus on your breathing and allow the distractions in your mind to pass away. Remember that where 2 or 3 are gathered in the name of Jesus he is there in our midst.

Spend 2-3 minutes in silence being mindful that God is present with you.

- It often helps to slowly read Psalm 46 "be still, and know that I am God" (read and repeat in silence dropping a word from the psalm passage until you are left with the word "be")

After this time of silence, the Leader begins:

Leader: Let us ask the Holy Spirit to guide and inspire our time of prayer.

Reader 1: Come, Holy Spirit, fill the hearts of your faithful, and kindle in them the fire of your love.

Send forth your Spirit, and they shall be created.

All: And you shall renew the face of the earth.

Reader 1: O God, who, by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy his consolations through the same Christ Our Lord. Amen.

All: Holy Spirit, make my heart open to the word of God, make my heart open to goodness, make my heart open to the beauty of God every day.

Leader: Let us now turn to the Blessed Virgin Mary and ask her to be present here with us and guide us to her son, Jesus Christ.

Reader 2: Mary, Mother of the Word Incarnate, we turn to you as we begin this time of prayer.

Open our hearts to encounter your Son in the words of Sacred Scripture. Bring us to him and help us to hear his voice as he speaks to us. May this time spent with the Word of God lead us to more closely follow your Son, Jesus Christ. Let us pray together;

All: We fly to thy protection, O Holy Mother of God;
Do not despise our petitions in our necessities, but deliver us always from all dangers, O
Glorious and Blessed Virgin. Amen.

Lectio – Reading

Leader: Let us now turn to Scripture and read from the book of Isiah. This is the first step of lectio divina. Listen attentively and ask yourself what the Biblical text is saying in itself.

Reader 3: Reads the selected scripture passage, slowly and deliberately

Allow a minute of silence.

Leader: Let us listen to the passage one more time. Continue to ask what the Biblical text is saying in itself, but pay attention to any word or phrase that sticks out to you.

Reader 3: Reader 3 rereads the scripture passage.

Allow a minute of silence

Meditatio - Meditation

Leader: We now turn to the second step of lectio divina, called Meditatio. We will spend the next 5 minutes in silence allowing God to speak to us through the passage of Scripture. Ask God and yourself, "what does the biblical text say to me?" Spend time focusing on the words or phrases that stuck out to you when reading and allow them to speak into your life. Allow the text to move you or challenge you. If necessary, reread the passage for yourself. Feel free to write or make notes on the page if that helps you.

Spend approximately 5 minutes in silent prayer.

Oratio – Prayer

Leader: Let us now turn to the third step of lectio divina, called Oratio. In silent prayer, respond to what God has said to you. This may mean words of petition, intercession, thanksgiving, or praise. It may mean a dialogue back and forth. Speak your mind to God with what you are actually thinking and feeling, not what you think God wants to hear.

Reader 3: Reader 3 reads the scripture passage for the third time.

Spend 5 minutes in silent prayer

Contemplatio – Contemplation

Leader: Finally, in the last step of lectio divina, Contemplatio, be attentive to the presence of God and allow him to transform your heart and show you how he sees reality and yourself. You

may want to ask yourself, "What conversion of mind, heart, and life is the Lord asking of me?" Or you may simply wish to sit in the silent presence of God who is with us. It may be helpful to repeat a short, simple prayer silently, possibly using a phrase from the passage of Scripture or a simple prayer like "Jesus, I trust in you" or "Lord Jesus Christ, have mercy on me a sinner."

Spend 5 minutes in silent prayer

Leader: As we end this time of lectio divina, let us pray together:

Al: Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, a world without end, Amen

Discussion

Leader: At this time, we have the opportunity to share and discuss what God was saying to you through Scripture. This should remain a prayerful period of time. You only have to share what you are comfortable with, and we all need to remain respectful of each other. If anyone would like to begin, please feel free to share.

How this conversation goes is very dependent on the group of men in your group. It can be a powerful experience to hear others speak about their time of prayer and to share your own prayer, but do not pressure or force any one to share. In addition, this is not an opportunity to pretend to be holy or smart.

We should humbly and honestly share what God is doing in our hearts. It is also completely valid to say that you did not hear God speaking to you at all during the lectio divina if that was your experience.

If your conversation is stuck, consider some of these prompts:

- What words or phrases from the passage stuck with you the most?
- How did you understand those words or phrases within the context of the biblical text?
- How do those words or phrases apply to your life?
- What was your response back to God after praying with this text?
- Are there ways that you think God may be asking you to change your perspective, actions, habits, ideas, etc?
Do you think this will be easy?
- What was your overall experience of lectio divina?

After your discussion, when everyone has had the opportunity to share if they want to, spend at least the last 5 minutes of your meeting time on the following:

What is one concrete way that you can apply what you received during this time of prayer to your life this week? This should be measurable so that you can check with yourself each night or each week to see how you have done. You can also hold each other accountable.

Lord God, let us keep your Scriptures in mind
and meditate on them day and night,
persevering in prayer, always on watch.
We beg you, Lord, to give us real knowledge of what we read,
and to show us not only how to understand it,
but how to put it into practice, and to obtain spiritual gifts
enlightened by the teaching of the Holy Spirit,
through Jesus Christ our Lord,
whose power and glory will endure throughout all ages.

Amen