

Outline for a Session of Centering Prayer followed by Lectio Divina

Time and Venue: Weekly or monthly at an appropriate venue. (It should be noted that people do need an adequate introduction to the practice of Centering Prayer but the format below is sufficient to have a period of Lectio Divina.)

Suggested Lectio Format: Welcome and settling etc. (10 minutes)

Period of Centering Prayer (20 minutes)

Lectio Divina (30/40 minutes)

- **First Moment (Lectio)** Passage from scripture is read aloud slowly by one person. There is a pause for two minutes or so to allow words and phrases from the passage to suggest themselves. Passage is then read aloud slowly again by a different reader. There is a further two or three minutes pause to allow words and phrases to suggest themselves. People are then invited to repeat aloud **a word or phrase** that has struck them but without any added comment.

- **Second Moment (Meditatio)** Passage is read slowly a third time by a third reader. People are invited to reflect on the passage and, again, to repeat a word or phrase that draws them, or, to share any **insight, comment or observation** that they might have. Sharings should be brief and personal and should not become a cause for debate however they are perceived by others. Clarification, though, can be respectfully sought and opposite viewpoints can be allowed to sit side by side if necessary.

- **Third Moment (Oratio)** People are invited to respond to the movement of the Spirit within them by saying aloud **brief prayers or petitions** that have been inspired by their reflection on the passage.

- **Fourth Moment (Contemplatio)** Finally, for some five to ten minutes, or, for a period with which the group is comfortable, people are invited to **rest silently and wordlessly** in the Spirit of Christ or the Divine Indwelling.

