



Lectio Divina – Process

Small Virtual Group Structure

- A. Gather individuals by sharing what is taking place in their lives. (Just a few minutes)
- B. Focus the group on the process of reading and listening to scripture.
 - Open in prayer / Sing a song / Light a candle
- C. Read aloud the selected passage of Scripture for the first time.
 - The teen facilitator will ask the group members to listen with the “ears of their heart” to become aware of a particular word or phrase that speaks to them. Write this on the journal page (found below)
 - The teen facilitator will then invite everyone to share just the word or phrase that spoke to him or her, doing this without any comments or further conversation.
- D. Read aloud the same selected scripture passage for a second time. Invite a different person to read the passage this second time.
 - The teen facilitator will ask the group members to notice how the scripture passage relates to something going on in their lives. Write this on the journal page.
 - The teen facilitator will invite everyone to share with the large group how the scripture passage relates to something going on in his or her own life.
- E. Read aloud the same selected scripture passage for a third time. Invite a different person to read the passage this third time.
 - The teen facilitator will ask the members to reflect on what this scripture passage calls them to do or be today. Write this on the journal page.
 - The teen facilitator will invite everyone to share with the large group what the scripture passage calls him or her to do or be today.
- F. To close the Bible-sharing session, the teen facilitator will invite each member to share a short spontaneous prayer out loud or in the silence of his or her heart. Close with the Our Father. Extinguish the candle and possibly sing a song.
- G. The teen facilitator will thank the members for participating in the Bible-sharing session and clarify the next meeting date, location, time, and focus scripture passage (if a passage has been selected).



Lectio Divina – Process Personal Reflection Structure

- A. Focus yourself on the process of reading and listening to scripture.
 - Say a prayer / Sing or listen to a song / Light a candle
- B. Read aloud the selected passage of Scripture for the first time.
 - Listen with the “ears of your heart” to become aware of a particular word or phrase that speaks to you.
 - Take time to write the word or phrase that spoke to you on the journal page and why it got your attention.
- C. Read aloud the same selected scripture passage for a second time.
 - As you read the passage be attentive to how the scripture passage relates to something going on in your life.
 - Take time to write how the scripture passage relates to something going on in your own life on the journal page.
- D. Read aloud the same selected scripture passage for a third time.
 - As you read the passage be attentive to what this scripture passage is calling you to do or be today.
 - Take time to write what the scripture passage is calling you to do or be today on the journal page.
- E. To close pray a short spontaneous prayer out loud or in the silence of your heart. Close with the Our Father. Extinguish the candle (if you lit one) and possibly sing a song.



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In your groups...multiply the occasions for hearing and studying the word of the Lord, especially through the lectio divina. You will discover the secrets of the Heart of God and will derive profit for discerning situations and transforming reality.

(Saint John Paul II, To the Youth of the World on the Occasion of the XII World Youth Day, 1996)

Scripture passage:

1. As you listen to the first reading of the Scripture passage be attentive to a particular word or phrase that speaks to you. Listen with the “ears of your heart.” Record your word or phrase here:

2. As you listen to the reading for a second time, notice how the Scripture passage relates to something happening in your life. Record your thoughts here:

3. As you listen to the reading for a third time, reflect on what this Scripture passage is calling you to do or be *today*. Record your thoughts here:

When I am reading divine Scripture, God walks again in the earthly Paradise.
(Saint Ambrose, Epistle 49,3)