

## Archdiocese of Winnipeg Lent 2019 Lectio Divina for Families and Friends



This Lent, you are invited to connect with family and friends in a very special way using Lectio Divina or "Sacred Reading." This ancient method of praying with sacred texts dates to the fourth century. The four simple steps of Lectio Divina; reading (lectio) meditation (meditatio) prayer (oratio) and contemplation (contemplatio) take about 20 minutes and creates a calm and enriching oasis.

### Lectio Made Simple For Families



- Settle in a cozy spot.
- Read Sunday's Gospel, slowly, 2 or even 3 times. (encourage children to use their imagination-can you see your self in the story?)
- Encourage a response. "What did you like in the story?"
- God speaks to us through this story. "What do you think God is saying? Listen deeply.
- What might God be asking you to do?
- Close with the Our Father. Share a healthy treat.

### Lectio Made Simple For Small Groups



- Create a welcoming environment and settle in.
- Invite the group to listen deeply, use their imagination and to listen for a word or image that stands out as Sunday's gospel is read 2 or 3 times slowly.
- Invite the group to deepen their consideration of the word or image that stood out. Consider what this image or word means for you and how it might be important right now.
- Invite the group to share briefly any new insights or meaning experienced. Listen to each other without comments or interrupting. Close with the Our Father. Share some hospitality.

Additional Lectio Divina resources may be found at.....

