

St Teresa of Avila Parish: Apostolic Johannite Church

Brisbane – Maryborough - Toowoomba

Lectio Divina

Once everyone is settled and welcomed the bell is rung. After a moment of silence (Candles for the Archangels and the Sacred Flame may be lit):

The inward breath, the rising sun, air, the healer, Raphael

Raphael

The held breath, the noonday sun, fire, the defender, Michael

Michael

The outward breath, the setting sun, water, the herald, Gabriel

Gabriel

The empty breath, the midnight sun, earth, the companion, Uriel

Uriel

Divine Beloved, Utmost Source of All, protect and help us

Amen

Wisdom. Be attentive.

Let us open our hearts to receive the Word.

After a brief pause:

Lectio: (Listening to the Word of God or Reading God's Word)

As we listen to the Word of God for the first time I invite you to be aware of any word or phrase that catches your attention – a word or phrase.

Read the passage slowly with appropriate pauses. Allow 1 minute of silence for reflection.

If anyone feels moved to share – what was the word or phrase that caught your attention in the reading?

After the sharing, allow a few moments of silence so that what was heard may sink deeper within.

Meditatio: (Reflecting on the Word of God)

As we listen to the Word of God for the second time I invite you to be aware of any reflection or thought that you become aware of as you listened – a reflection or thought.

Read the passage slowly with appropriate pauses. Allow 1 minute of silence for reflection.

If anyone feels moved to share: so moved to do so – what reflection or thought did you become aware of as you listened?

After the sharing allow a few moments of silence so that what was heard may sink deeper within.

Oratio: (Responding to the Word of God) – Affective Prayer

As we listen to the Word of God for a third time I invite you to be aware of any prayer that rises up within you that expresses what you are experiencing in this Word of God.

Read the passage slowly with appropriate pauses. Allow 1 minute of silence for reflection.

If anyone feels moved to share a prayer that expresses what you are experiencing in the Word of God I invite you do so.

After the sharing allow a few moments of silence so that what was heard may sink deeper within.

Contemplatio: (Resting in the Word of God) – Contemplation

As we listen to the Word of God for a fourth time I invite you to just sit with the Word of God and allow God to speak to you in the silence of your hearts. God's first language is silence.

Read the passage slowly with appropriate pauses. Allow 3 to 5 minutes of silence.

Almighty God thank you for the gift of your Word. May we take the word or phrase that spoke to us, the thought that we became aware of and the prayer that came from our hearts, into the activity of our day as a reminder of our genuine desire to consent to your presence and action in our lives.

Amen

Raphael

We thank thee

Michael

We thank thee

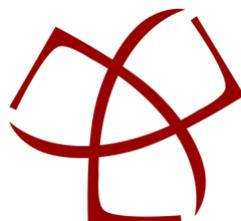
Gabriel

We thank thee

Uriel

We thank thee

The bell is rung once.



This liturgical sheet is modified from materials found in:

- *The Sacramentary of the Apostolic Johannite Church (Contemplative Eucharist)*
- *Four Approaches to the Practice of Lectio Divina by Father Thomas Keating*
(www.contemplativeoutreach.org)