

# MOUNT CARMEL SPIRITUAL CENTRE

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## Lectio Divina

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**Place yourself in a quiet space**

**Let go of the cares of the day and other distractions**

**First Reading (Lectio - reading) – read slowly and carefully**

**Silent time**

**What word or phrase in the reading strikes you?**

**Share that with the group**

**Sharing is voluntary – NO DISCUSSION**

**Second Reading (meditation) – read slowly and carefully the passage again**

**Silent time**

**What questions emerge from this text?**

**What do you think or feel the scripture text is trying to say?**

**Share your thoughts with the group**

**Sharing is voluntary – NO DISCUSSION**

**Third Reading (prayer – *oratio*) - read slowly and carefully the passage again**

**Silent time**

**Do I see some things differently?**

**Is God calling me (us) to a special effort or task?**

**Is God inviting me and encouraging me to new levels of life, of meaning?**

**What prayers would you offer? - Praying is voluntary – NO DISCUSSION**

**Fourth Reading (contemplation) – read slowly and carefully the passage**

**Silent time – a time of quiet being with the Lord**

**Closing with “Our Father”**