

Group Lectio Divina Companioned Prayer™

OPENING PRAYER

*Begin by saying, **In the name of the Father, of the Son, and of the Holy Spirit, we open our hearts to you, O Lord. Amen.***

Then on behalf of those you are praying with and yourself, say a personal prayer out loud.

For example: asking for Christ to be our companion as we listen to his word; for our trust in the Lord; for the guidance of the Holy Spirit; to help us listen inside to God's quiet call; or, to humbly journey inside with Christ.

AS WE ARE

*Then say: **Coming before God as we are, let us take a few minutes to notice how we physically feel.** [briefly pause, and then continue] **For example, let your attention go to your back and notice what that feels like.** [pause] **Notice your shoulders** [pause], **your neck** [pause], **your head** [pause], **your arms** [pause], **your hands** [pause], **your feet** [pause], **your legs** [pause], **your stomach** [pause], **your heart** [pause], **and your breathing.** [longer pause] **Notice the body-sense of how you feel right now.** [pause, and then continue]*

LECTIO – LISTENING FOR GOD

Staying with how this feels inside, and being open to God's loving presence, listen to the reading in openness and faith, letting go into it. [pause] **As you listen, notice if you are drawn to any word or phrase, or if something comes in response.** *[Read the selected passage slowly but naturally three*

times, pausing a minute or two after each reading. After the third reading's pause, continue.]

MEDITIO – GOD'S LOVE AND ACCEPTANCE

Notice how all this feels inside, and how you carry it. [pause]
With tenderness and faith, notice how it feels to take all this to the loving heart of Jesus, and to feel his gentle love and acceptance in all of this. [pause a minute, and then continue]

ORATIO – LETTING GO IN THE LOVING HEART OF JESUS

Notice how it feels in your body to be with this, in this gentle, caring, faith-filled way. Allow your awareness to seep into your body, to settle in, and sense how all this feels inside. [pause] Within the gentle loving heart of Jesus, wait in openness and faith to see if it feels like there is anything else that God might want you to notice, such as a word, image, feeling or memory that seems to somehow fit with the way this whole thing feels. *[pause a minute, then continue:]*

ORATIO – BEING OPEN TO GOD'S SPIRIT

- a. **If something came, ask yourself, “Does this feel right, inside, to journey with some more?” [pause and then continue]**
- b. **If “yes”, ask yourself, “How does all this now feel in my body?” [pause]** With gentleness and faith, let go into how all this feels inside; and wait to see if anything comes that fits the way this all now feels; and then follow what may come. *[wait for about two minutes, and then repeat “a” and “b.” Then continue]*

CONTEMPLATIO – RESTING IN GOD’S PRESENCE

Okay; let’s nurture this special place you’ve come to inside. Pause here and let go into God’s presence within all of this, resting in the quiet tenderness of his Spirit for a while.

[pause about two minutes, and then continue]

CLOSING PRAYERS

As you savor all of this, let yourself know that this is God’s personal love and grace, experienced and felt inside us.

[pause] **Staying in this holy and precious gift, you may wish to silently offer a prayer in response; and then when you are finished, just slowly open the eyes. *[wait]***

When they are finished, say out loud a brief prayer or blessing.

After the prayer or blessing, you may invite them to write in their journals if they wish; and then invite them to share if they would like to.

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