

Guide to Lectio Divina.

The Literal Sense

Listening for the Gentle
Touch of Christ the Word

- **One person reads aloud** the gospel slowly. Listeners are open to the entire reading, but notice any segments that are especially meaningful to them.
- **Silence** for 1-2 minutes. Each remembers words or phrases that attracted them.
- **The person reads the gospel again (2nd reading)**, followed by a short silence.
- **Sharing aloud:** Each person now shares aloud a single word or phrase that has attracted them; simply stating those one or a few words. **No elaboration.**

The Allegorical Sense

How Christ the Word
speaks to ME

- Another person reads the same passage (**3rd reading**)
- **Silence** for 2-3 minutes. Reflect on “Where does the content of this reading touch my life today?” (Related to the word or phrase that attracted.)
- **Sharing aloud: Each person now briefly shares:** “I hear, I see, I’m called to...”

The Moral Sense

What Christ the Word
Invites me to DO

- **4th reading** by another person.
- **Silence** for 2-3 minutes. Reflect on “I believe that God wants me to . . . today/this week.”
- **Sharing aloud:** at somewhat greater length each shares their reflection. Note: *Anyone may “pass” at any time. If instead of sharing with the group you prefer to pray silently, simply state this aloud and conclude your silent prayer with Amen.*