

# Season of Creation

## Lectio Divina Guide

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### What is Lectio Divina?

Lectio Divina ('sacred reading') is an ancient practice of the Church. Through reading and meditating on scripture, we can draw closer to and form a deeper relationship with God and where He is calling us.

### The Method

Below is a simple, helpful guide for Lectio Divina. There are also other methods available that might suit your group better; you can search online.

#### Preparing

- Decide who will read the scripture (if in a group, choose two people).
- Prepare the space for a time of reflection (e.g. light a candle, create a display, have instrumental music playing, ensure everyone is comfortable in the space)
- Begin with a simple prayer, inviting God to help you understand the scripture you are reading.

#### Reading and Meditation

- Read the piece of scripture through slowly, and afterwards take some time in silence to consider anything that stood out to you.
- Read the scripture slowly again - was there anything else you noticed this time? Spend some more time in quiet reflection.
- Take turns to share any words/phrases that resonated with you.
- Enter into another period of quiet to reflect on what has resonated with you, and consider how you might respond to what God is telling you.

#### Conclusion

- Conclude this time with another simple prayer of praise or thanksgiving.
- Thank everyone for their openness and honesty.

### Recommended Scripture Reading

These are readings that could be fruitful for the Season of Creation. You are also encouraged to explore other passages of the Bible. This is an exercise that you could invite your group to prepare before coming together in person.

#### Old Testament:

- > **Isaiah 32:14-18**
- > **Ezekiel 47:9-12**

#### New Testament:

- > **Matthew 6:24-34**
- > **Matthew 8:23-27**
- > **Colossians 1:15-20**