



'Light for the Path' a Resource for Families in the Holy Year of Mercy

How to Guide: Lectio Divina

'Through this simple way of praying with scripture, anyone of any age can go deeper in their relationships with God, moving from 'head' and 'history' and 2000 years ago, across time and space, to the present moment, and God speaking into 'my heart' and finding God present in 'my story'

A simple way of praying with the Scripture together

'We listen' is the most important section of each 'Light for the Path' Session. Here is a **simple 7-step way of praying with the Scripture together**, commonly known by its Latin name '*lectio divina*' (literally, 'reading with God' or 'divine reading'). Through this way of praying, we meet Jesus, present, speaking with us.

The leader helps the process using the guide below

Either use a good children's or Good News Bible, or for the very young, versions of the story that encourage play with the characters, e.g. Godlyplay, Bible Society. To make it easy, we have printed the text in both the adults' and children's Session Handouts.

1. **Get Ready:** at the start of the 'We listen' section, invite a moment of silence. Leader says '**God is with us, and we are with God. Let's listen to God's voice**'. *The Holy Spirit is at work in each person, whatever age.*
2. **Listening with God:** begin to read slowly, and listen carefully – like walking slowly through a garden and noticing things. God is with us in the experience.

3. **After the first reading of the story:** allow a little quiet, and then ask the children/group to go back to the first thing that caught their attention – a word, a picture, a short sentence.... Ask them to stay with that word or phrase or picture, repeating it, or looking at it in their imagination.
4. **Each person shares the ‘word’ or picture that struck them:** the leader invites sharing. No discussion or comments. Just say ‘thank you’ and move on to the next person.
5. **When everyone has shared first time:** read the ‘story’ again, slowly. Again, invite each person to go back to the word or picture that they liked. “Stick with it for a minute or two. This is God speaking to you”.
6. **I wonder:** begin to ask the wondering questions, e.g. “I wonder.... what it’s like to be in this story?” “What is it saying about our/your family?” Children and young people love to discover the truth for themselves by thinking deeply about it. Encourage questions but don’t always try to answer them.
7. **We respond:** at the end of your ‘We listen’ time, in the last few minutes, you might like to do something creative: play with the story if it’s little ones, or drawing/acting out, helping the children to tell the story themselves and deepen their response. Older ones could lead this with younger ones.

To download the ‘Light for the Path’ Session Guides and for additional information and resources please visit catholicfamily.org.uk or email Caroline Dollard MFL Project Office Catechesis Development Worker at caroline.dollard@cbcew.org.uk