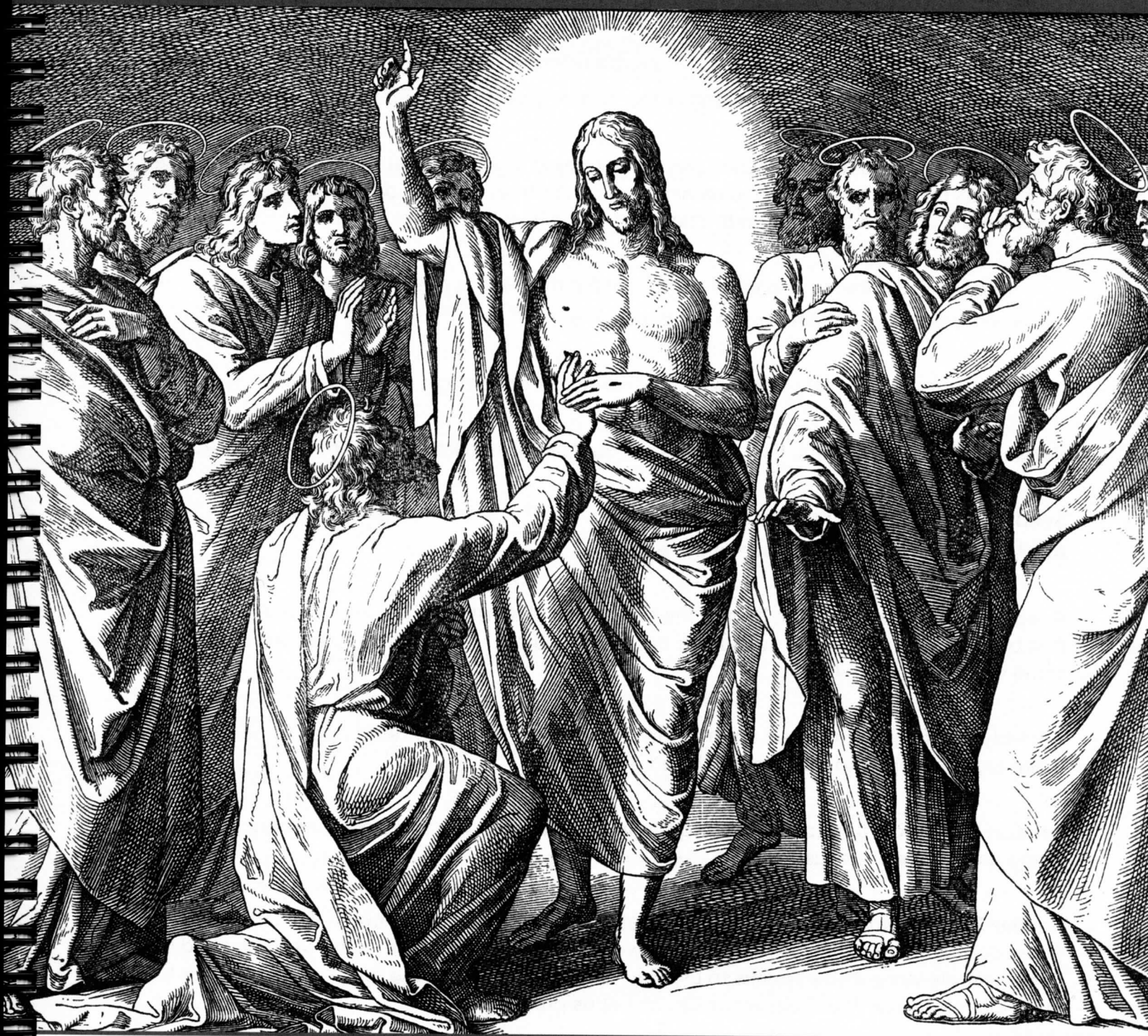


Session Twelve:
Lectio Divina —The Redeemed Man



During this session of the Bible Study, you will be praying as a group with a passage from St. Paul's letter to the Romans. Before beginning, select a member of the group who will be the facilitator/leader and assign other members of your group to read the prayers and readings as indicated. If this is your first time praying *lectio divina* as a group, review pages vi-viii for an overview of what to expect. Each participant should have his Bible available for this session.

The passage you will be praying with is Romans 6:5-11.

Lectio Divina

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Leader: Let us take a few minutes in silence to remind ourselves that we are in the presence of God. Focus on your breathing and allow the distractions in your mind to pass away. Remember that where 2 or 3 are gathered in the name of Jesus he is there in our midst.

Spend 2-3 minutes in silence being mindful that God is present with you.

After this time of silence, the Leader begins:

Leader: Let us ask the Holy Spirit to guide and inspire our time of prayer.

Reader 1: Come, Holy Spirit, fill the hearts of your faithful, and kindle in them the fire of your love.

Send forth your Spirit, and they shall be created.

All: And you shall renew the face of the earth.

Reader 1: O God, who, by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy his consolations through the same Christ Our Lord. Amen.

All: Holy Spirit, make my heart open to the word of God, make my heart open to goodness, make my heart open to the beauty of God every day.

Leader: Let us now turn to the Blessed Virgin Mary and ask her to be present here with us and guide us to her son, Jesus Christ.

Reader 2: Mary, Mother of the Word Incarnate, we turn to you as we begin this time of prayer. Open our hearts to encounter your Son in words of Sacred Scripture. Bring us to him and help us to hear his voice as he speaks to us. May this time spent with the Word of God lead us to more closely follow your Son, Jesus Christ. Let us pray together:

Oratio - Prayer

Leader: Let us now turn to the third step of *lectio divina*, called *Oratio*. In silent prayer, respond to what God has said to you. This may mean words of petition, intercession, thanksgiving, or praise. It may mean a dialogue back and forth. Speak your mind to God with what you are actually thinking and feeling, not what you think God wants to hear.

Spend approximately 5 minutes in silent prayer

Contemplatio - Contemplation

Leader: Finally, in the last step of *lectio divina*, *Contemplatio*, be attentive to the presence of God and allow him to transform your heart and show you how he sees reality and yourself. You may want to ask yourself, "What conversion of mind, heart, and life is the Lord asking of me?" Or you may simply wish to sit in the silent presence of God who is with us. It may be helpful to repeat a short, simple prayer silently, possibly using a phrase from the passage of Scripture or a simple prayer like "Jesus, I trust in you" or "Lord Jesus Christ, have mercy on me a sinner."

Spend approximately 5 minutes in silent prayer

Leader: As we end this time of *lectio divina*, let us say together:

All: Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, a world without end, Amen.

After your discussion, when everyone has had the opportunity to share if they want to, spend at least the last 5 minutes of your meeting time on the following:

What is one concrete way that you can apply what you received during this time of prayer to your life this week? This should be measurable so that you can check with yourself each night or each week to see how you have done. You can also hold each other accountable.

Conclude your meeting by praying together:

*Lord God, let us keep your Scriptures in mind
and meditate on them day and night,
persevering in prayer, always on watch.*

*We beg you, Lord, to give us real knowledge of what we read,
and to show us not only how to understand it,
but how to put it into practice,
and to obtain spiritual gifts
enlightened by the teaching of the Holy Spirit,
through Jesus Christ our Lord,
whose power and glory will endure throughout all ages.*

Amen

*In the name of the Father, and of the Son,
and of the Holy Spirit.
Amen.*