

Lectio Divina *Italic instructions for leader guiding this time*

L: We are going to listen to God's Word now, and have a chance to respond to him too. We will do this using the exercise called Lectio Divina which is simply a structure for reading the Bible and praying, with four steps:

Read, Ruminare, Respond and Rest.

If you struggle keeping thoughts just in your mind, feel free to doodle or write. But let's start by being still before God.

...Pause for group to get comfortable/provide pen and paper/post it note.

L: Father God, we come before you. Thank you that your Word is living and active. Please, speak to us through your Word right now, open our ears to hear you, open our hearts to receive you. We come through Jesus Christ. Amen.

It might help you to close your eyes, and I'm going to read a passage of Scripture, from John 1: 1-14, just relax and listen.

Read the passage once or twice depending on available time and length of the passage. Then pause for 30 sec (scripture on second sheet).

L: I'm going to read the passage again, and this time I want you to be observant to any word or phrase that jumps out at you. Perhaps it's as if a particular word becomes illuminated in your heart as I read it. Feel free to note anything down, doodle or draw as you listen.

Read again — pause.

L: I invite you now to meditate on what you have heard. Take the word or phrase that stood out to you and turn it over in your mind and in your heart. Repeat it to yourself, ruminare on it, look at it from all different angles. What is this word from God for you?

Longer pause. 2min

L: I'd like to invite you now to respond to this word of God, to turn your word into a prayer. What is your word or phrase calling you to? What might the action or application be to what God has spoken? What will your response be? Talk to God about that.

Pause. 1min

L: The final stage of our reflection is to simply be. Put aside your own agenda, the chattering of your mind, and be still before God. Rest in his presence.

Pause 1min.

L: Amen.

John 1: 1-14

The Word Became Flesh

1 In the beginning was the Word, and the Word was with God, and the Word was God. ²He was with God in the beginning. ³Through him all things were made; without him nothing was made that has been made. ⁴In him was life, and that life was the light of all mankind. ⁵The light shines in the darkness, and the darkness has not overcome^[a] it.

⁶There was a man sent from God whose name was John. ⁷He came as a witness to testify concerning that light, so that through him all might believe. ⁸He himself was not the light; he came only as a witness to the light.

⁹The true light that gives light to everyone was coming into the world. ¹⁰He was in the world, and though the world was made through him, the world did not recognize him. ¹¹He came to that which was his own, but his own did not receive him. ¹²Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— ¹³children born not of natural descent, nor of human decision or a husband's will, but born of God.

¹⁴The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.