

Lectio Divina on Zoom

Lectio Divina, or divine reading, is a very ancient form of praying with Scripture. During Lectio, we listen to the text of the Bible with the "ear of the heart", with the aim of nourishing and deepening our relationship with God.

Regular Bible reading and study gives us breadth of knowledge. Lectio helps us also absorb Scripture in depth. Though simple, it needs practice, as the slow ritual reading is very different from our modern habit of skimming text.

We will be using the Gospel reading for the day. You can find it in the [Oremus Almanac](#). Click on the View tab, choose the date from the calendar, and it is the last reading under "Holy Communion". Click the red triangle to read it. We will post the reading in the meeting chat for those who need to refer to it, but we recommend closing your eyes and listening to the word.

We suggest you spend a short time centering yourself in prayer before joining the meeting.

The meeting will be a maximum of 40 minutes. The [Zoom details are available](#) on the Cathedral website. Please see these [instructions and tips for accessing Zoom](#).

Please use a meaningful name. If you are called eg 'iPad', you can [rename yourself during the meeting](#).

The common practice in video prayer groups is to keep yourself muted, unless you are speaking, and to keep your video on to build a sense of community and connection. Please [switch to Gallery View](#) so you can see everyone. When you are invited to share with the group, un-mute yourself, and mute yourself again after.

Don't worry if you are late. Please enter the meeting silently, and join in when you feel ready. If it is the period of silence, simply read the passage through slowly to yourself (see below), and then join the time of sharing.

The meeting

We start with a short period of recollection, and then the leader reads through the passage from the Bible.

Based on the order the participants appear on the leader's screen, the leader calls on each in turn to share a word or phrase that has struck them. Simply share the word or phrase; do not comment either on your own or another's word. Anyone may 'pass' if they wish.

The leader reads the passage a second time. There is then a period of silence together for 5-10 minutes during which we ponder or sit with the Word in whatever way we wish.

You may want to ask a question like: What gift does this passage lead me to ask from God? What does this passage call me to do? We first listen, we note what is given, and we respond in the way we are directed by the Holy Spirit.

After the silence, the leader reads the passage for a third time. The leader calls on each in turn to share for a minute. Speaker: time is limited, so be brief, and do not comment on what others have said. Others: please simply listen.

The leader invites everyone to pray silently for the next person on their screens, in the sense of reading a book. If time, we will have a short period of general sharing. Please raise your hand to let the leader know you wish to speak.

The leader ends with the Grace or another short prayer. Please join in very softly or with your microphone on mute.

If you wish to explore Lectio and other forms of prayer further, please see the section [Explore Prayer](#) on the Cathedral website.