# Lectio Divina

1. **Opening Prayer**: Ask God for insight into His Word, for open hearts and minds, for hunger to know Him better, and for an attitude of learning from one another.

2. **Reading**: Have someone from your group read the passage aloud. It is best to print out a copy for each group member so they can read along, make notes, or go back as needed.

3. **Meditation**: Spend *an entire minute* in complete silence, contemplating what was just read. Feel free to re-read the passage quietly to yourself or jot down thoughts/highlight what stuck out to you.

4. **Sharing**: At the leader's signal, invite group members to share their insights for about 5 minutes.

5. **Repeat**: After the 5 minutes are over, repeat the process 2 more times using the same passage. Listen/read like you haven't heard this passage before. If there are longer moments of silence, the leader can prompt discussion with the following questions:

- 1. What did you hear and what seems important?
- 2. What is the Holy Spirit impressing on you?
- 3. What does it make you think of from your life?

<sup>37</sup> Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind. <sup>38</sup> This is the first and greatest commandment.

### Matthew 22:37-38

<sup>39</sup> And the second is like it: 'Love your neighbor as yourself.'<sup>[]</sup> <sup>40</sup> All the Law and the Prophets hang on these two commandments."

#### Matthew 22:39-40

<sup>34</sup> "A new command I give you: Love one another. As I have loved you, so you must love one another. <sup>35</sup> By this everyone will know that you are my disciples, if you love one another."

#### John 13:34-35

<sup>28</sup> just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

## Matthew 20:28

<sup>14</sup> Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. <sup>15</sup> I have set you an example that you should do as I have done for you.
<sup>16</sup> Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. <sup>17</sup> Now that you know these things, you will be blessed if you do them.

John 13:14-17