**Lectio Divina**

**Preparation**

Take some time to settle our scattered minds and hearts.

Invite the holy Spirit and allow us to be present.

Light a candle as a focus, reminder and invitation that the light of Christ illuminate the scriptures to us.

If you are watching this video at home on your own I would encourage you not to just watch as you would a sermon. Find some paper and use the sharing time to journal and write your thoughts, questions and prayers.

**Reading 1: Read (Lectio)**

As we read the passage the first time it is an opportunity to get to know the Scripture passage. I listen carefully for any words or phrases that seem to jump out. It’s important not to force things, but wait patiently for God to give gentle guidance.

In Lectio to read the word of God is to take it as food and put it into your mouth. You listen carefully to Scripture — without hurry or intellectual strain. You wait quietly for Holy Spirit to bring God’s word to life. Then you pause on the portion of the passage that you’re drawn to.

**11**One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.”

**2**He said to them, “When you pray, say:

“‘Father,[[a](https://www.biblegateway.com/passage/?search=Luke%2011&version=NIV#fen-NIV-25408a)]  
hallowed be your name,  
your kingdom come.[[b](https://www.biblegateway.com/passage/?search=Luke%2011&version=NIV#fen-NIV-25408b)]  
**3**Give us each day our daily bread.  
**4**Forgive us our sins,  
    for we also forgive everyone who sins against us.[[c](https://www.biblegateway.com/passage/?search=Luke%2011&version=NIV#fen-NIV-25410c)]  
And lead us not into temptation.[[d](https://www.biblegateway.com/passage/?search=Luke%2011&version=NIV#fen-NIV-25410d)]’”

**5**Then Jesus said to them, “Suppose you have a friend, and you go to him at midnight and say, ‘Friend, lend me three loaves of bread; **6**a friend of mine on a journey has come to me, and I have no food to offer him.’ **7**And suppose the one inside answers, ‘Don’t bother me. The door is already locked, and my children and I are in bed. I can’t get up and give you anything.’ **8**I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity[[e](https://www.biblegateway.com/passage/?search=Luke%2011&version=NIV#fen-NIV-25414e)] he will surely get up and give you as much as you need.

**9**“So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. **10**For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

**11**“Which of you fathers, if your son asks for[[f](https://www.biblegateway.com/passage/?search=Luke%2011&version=NIV#fen-NIV-25417f)] a fish, will give him a snake instead? **12**Or if he asks for an egg, will give him a scorpion? **13**If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”

What words of phrases stick out for you? Simply share the words or phrases with your table companions.

**Reading 2: Meditatio (Reflect)**

The second reading of the same passage focuses further on the points I become aware of during the first reading. Reflect carefully on what the Holy Spirit has highlighted and where God has nudged me.

Then reflect on what I believe God is saying. Try not to analyse the passage. It’s easy to slip into “study mode” and think about interesting points rather than listening to what God might be saying.

To meditate on Scripture is like chewing your food. You reflect and ponder its deep meaning. Gently repeat to yourself a phrase from the Scripture, turning it over and over in your thoughts and feelings to renew your mind (Romans 12:2).

Lord make your focus clear.

Luke 11:1-13

What do you feel? What specific situation in your life relates? Take a moment to share with your group in just a few sentences.

**Reading 3: Oratio (Respond) (Prayer)**

This time it is chance to respond. Reflect again on how this passage and its themes connect with you. What is the holy Spirit highlighting and why does it connect with your life?

Praying Scripture is like tasting your food. You respond to the words with feelings, confess your sins or struggles, and ask God for what you or others need.

Read Luke 11:1-13

What is God’s personal invitation to you from the Scripture? Turn the words of scripture into a prayer. Pray for each other.

**Reading 4: Contemplation (rest)**

After the final reading, we will spend around a few minutes in silent contemplation. This isn’t a time of prayer or meditation — I just sit quietly and allow God to work. When our minds starts to wander and dart here and there, bring it gently back to stillness again. If you find it helpful silently repeat the word or phrase; or choose another like Maranatha. This becomes something that helps still the scattered mind.

To contemplate on the Scriptures is to digest its sweetness. You rest quietly in God’s loving arms. You are God’s beloved Child curled up in his arms. No words are necessary at this point and may detract from simply being in God’s loving presence.

Read Luke 11:1-13

Now share with each other what you need to do as a result of this reading?

Respond with obedience.