A PROCESS FOR GROUP LECTIO

Decide who will lead this time of prayer. The leader, who may rotate, keeps track of the time (30 minutes) and invites two volunteers to read the Gospel.

1. **PREPARE**: Take a few moments to become fully present. Sit comfortably alert, eyes closed, and become mindful of your breath. To help you focus, a mantra or brief psalm verse could be used, such as:

   *Be still and know that I AM God;*
   *Be still and know that I AM;*
   *Be still and know;*
   *Be still;*
   *Be.*

2. **FIRST READING**: After a brief time of silent reflection, the first reader reads the Gospel passage. Listen to the word or phrase that touches your heart, a word that moves you, attracts, invites or challenges you. Silently repeat the word or phrase to yourself.

3. **SHARING YOUR WORD**: After a few minutes, the leader invites you to say aloud your word or phrase.

4. **SECOND READING**: The second reader reads the passage. Listen to discover how your life is touched by this word or phrase. Listen to discover a personal invitation relevant to your life now. Ponder this during several minutes of silence.

5. **SHARING OF REFLECTIONS**: The leader now invites you to share briefly with the group what you personally have ‘heard’, how your life now is touched by the Word.

6. **CONCLUDING PRAYER**: After all have shared, the leader may conclude with a prayer or else invite members of the group to share an intercessory prayer. The leader may finish with a simple blessing.