

Lectio Divina for Department Meetings

Option 1: Use this outline.

Choose up to 4 readers. Each will read the passage once. You may find it helpful to have a timer for the silence between readings.

Suggested passages (choose one):

- **Psalm 23:4:** Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff they comfort me.
- **Proverbs 3:5-6:** Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge him, and he will make your paths straight.
- **Psalm 40:5:** You have multiplied, O Lord my God, your wondrous deeds and your thoughts toward us; none can compare with you.
- **Romans 10:9-10:** If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved.
- **Romans 15:13:** May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

Leader: Come, Holy Spirit, enlighten our hearts and minds to listen to your Word.

First reading: *Lectio*: The assigned reader reads the text slowly and prayerfully, as the others settle and listen, asking God to speak to them and to their colleagues.

(Silence 1-2 minutes)

Second reading: *Meditatio*: The assigned reader reads the text slowly and prayerfully, as the others listen, allowing the word to speak in a personal way by pondering the word and reflecting on what it may mean for them.

(Silence 1-2 minutes)

Third reading: *Oratio*: The assigned reader reads the text slowly and prayerfully, as each listener chooses a word or phrase from the passage to speak aloud.

(Speaking aloud words or phrases [some may speak simultaneously, which is fine], then silence. 1-2 minutes)

Fourth reading: *Contemplatio*: Rest in God's presence and receive His transforming embrace. Sit still with God, realizing that in this deep and profound relationship, words are not necessary. Be content and at peace, enjoying quiet rest in God, which brings joy to the heart. Remember that contemplation is not your action or doing, rather it is allowing God to act in you.

(Silence 1-2 minutes)

Leader: Thank you, generous God, for your living and active word. Thank you, Jesus, that you are Word made flesh. Thank you, Holy Spirit, that you speak to us today. To God be praise and glory. Amen.

Option 2: Use the recorded chapel services of Lectio Divina found at
<https://calvin.edu/offices-services/campus-ministries/worship/archives/?category=&keyword=Lectio&startDate=&endDate=>

Option 3: Use the app Lectio 365