

## Shapes for Living

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### Praying with scripture

This is an ancient, reflective method of reading and encountering scripture known as '**Lectio Divina**' (Sacred Reading). In this method a bible passage is read slowly, gently and attentively several times.

*“Repetition is the soul of genuine lectio ... we do not grasp the entire content immediately but in a circular manner. We read and advance, then go back and read again. With each repetition, something new may strike us ... It takes time for us to become attuned to the subtle rhythms of a particular writing; the more we can slow down our reading, the more likely it is that we will catch sight of something unexpected.”*

(From Michael Casey, 'Sacred Reading: The Ancient Art of Lectio Divina', Linguori Publications, 1997)

This can be used individually or in groups.

After each reading there is a time of silent reflection with a specific focus.

### Preparation

Before you start – and before each repetition - take a few moments to settle in a posture that is comfortable but alert. Allow your breathing to deepen a little and find its own rhythm.

**The vine and the branches, John 15.1-11** (though the Lectio method may be applied to any passage of scripture)

### First Reading

*Read the passage through twice on this occasion*

In this first reading we are seeking to hear a word or phrase or image **that touches the heart.**

When it is found, silently take it in, gently reciting and pondered.

(as always if a word or phrase is not especially 'there' for you – just continue to be receptive to the whole passage. Don't try to force it).

## Second Reading

In this reading is for **“hearing” or “seeing” Christ** in the text. Where is he and how to understand his presence among us in this word? What is his ministry among and to us?

## Third Reading

This reading is for the purpose of experiencing **Christ “calling us forth”** into *doing* or *being*. We ask ourselves what Christ in the text is calling us to *do* or to *become* today or this week.

At the end of the three-fold reading, silence and sharing, check if any in the group have anything further to share – but beware of getting into general discussion. The time may conclude with each person praying briefly for the person on their right, then their left.