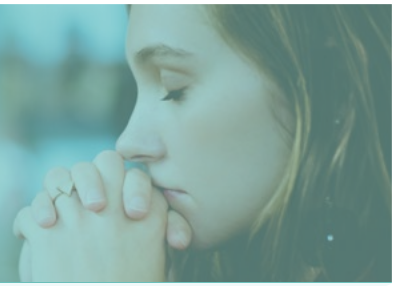


Lectio Divina



Easter - Pentecost Readings

Lectio Divina is an ancient way of praying with scriptures that grows out of the Benedictine Tradition. The prayer pattern has a fourfold structure – traditionally called “Lectio, Meditatio, Oratio and Contemplatio.” The idea is to release yourself from the need to critique or analyse the scripture and to allow yourself to be effected and changed by it.

The modern translation of each of the four steps, with an explanation is overleaf. It is followed by some suggestions for readings to practice this prayer type with for the week ahead, as well as some space to journal or make notes if you choose to do so.

Further resources

If you find Lectio Divina a helpful prayer practice, then you can use it with any biblical passage.

The Irish Jesuits have produced a podcast and iPad App called “*Pray as you go*” which is freely downloadable. It has a daily audio Lectio Divina passage with contemplative music and prompts for prayer and reflection. Many people find it an extremely helpful aid to personal prayer.

Lectio Divina

Traditional version

Choose a verse of scripture to pray.

Read the section slowly, several times, listening with the ‘ear of the heart.’

Reflect on the words, attentive to which word or phrase speaks most to your heart.

Respond to the word or phrase that spoke to you, turning it over and over in your heart, offering it up in prayer.

Rest in God, sit in silence and listen for how God speaks through that word or phrase.

Repeat the process a second (and third?) time.

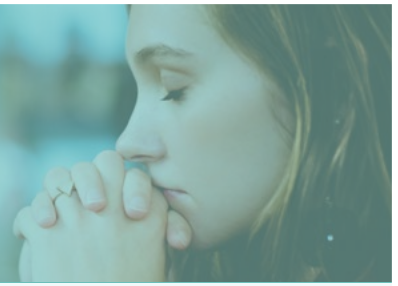
Another, more creative way to pray Lectio Divina could be:

Gospel contemplation

- Select a passage where Jesus is interacting with others.
- Read through the passage a couple of times until the story is familiar.
- Close your eyes and place yourself in the scene. Play it in your mind like a movie.
- Use all your senses to experience the scene. Use your imagination to touch, smell, see, hear and taste the scene.
- Close with prayer, speaking from your heart to Jesus.



Lectio Divina



These are the daily lectionary readings for Easter - Pentecost A:

Sunday 12 April John 20:1-18
Monday 13 April Exodus 15:1-13
Tuesday 14 April 2 Samuel 22:1-7, 47-51
Wednesday 15 April Acts 2:14a, 22-32
Thursday 16 April 1 Peter 1:1-12
Friday 17 April John 20:19-23
Saturday 18 April John: 20:24-31

Sunday 19 April Psalm 16
Monday 20 April Isaiah 42:6-16
Tuesday 21 April Acts 2:14a, 36-41
Wednesday 22 April 1 Peter 1:17-23
Thursday 23 April Luke 24:13-35
Friday 24 April Revelation 5
Saturday 25 April Psalm 116:1-11

Sunday 26 April Psalm 116:12-19
Monday 27 April Jeremiah 23:1-8
Tuesday 28 April Psalm 98
Wednesday 29 April Acts 2:42-47
Thursday 30 April 1 Peter 2:19-25
Friday 1 May Revelation 7:9-17
Saturday 2 May John 10:1-10

Sunday 3 May Psalm 23
Monday 4 May Acts 7:55-60
Tuesday 5 May Acts 8:1b-13
Wednesday 6 May Revelation 10
Thursday 7 May 1 Peter 1:10-16
Friday 8 May 1 Peter 2:2-10
Saturday 9 May John 14:1-14

Sunday 10 May Psalm 31:1-5, 15-16
Monday 11 May Acts 8:14-25
Tuesday 12 May Acts 17:22-31
Wednesday 13 May Revelation 11:15-19
Thursday 14 May 1 Peter 3:1-12
Friday 15 May 1 Peter 3:13-22
Saturday 16 May John 14:15-21

Sunday 17 May Psalm 66:8-20
Monday 18 May Acts 1:1-14
Tuesday 19 May 1 Peter 4:1-11
Wednesday 20 May 1 Peter 4:12-14, 5:6-11
Thursday 21 May Luke 24:44-53
Friday 22 May Ephesians 1:15-23
Saturday 23 May John 17:1-11

Pentecost

Sunday 24 May Psalm 68:1-10, 32-35
Monday 25 May Numbers 11:24-34
Tuesday 26 May Acts 2:1-21
Wednesday 27 May 1 Corinthians 12:1-13
Thursday 28 May 1 Corinthians 12:14-26
Friday 29 May 1 Corinthians 12:27-31
Saturday 30 May John 20:19-23
Sunday 31 May Psalm 104:24-34, 35b

Prepared for the Banyule Network of Uniting Churches, Holy Habits Lenten Studies by Rev. Sandy Brodine.



Uniting Church in Australia
SYNOD OF VICTORIA AND TASMANIA

