

Getting Started in a Small Group Process

Recommended size: 3-5 people, so everyone can speak.

Always begin with a generous supply of 'hospitality'.

1. Opening Prayer. Our Father
2. Check-In. How have you noticed Christ's presence in your daily life, since the last meeting? Give concrete examples and incidents.
3. Lectio Divina on Gospel Readings. Using the Gospel reading from the upcoming Sunday Mass (see calendar of readings here <http://www.usccb.org>), practice the lectio divina as outlined below.
4. Spiritual Formation Piece. This is open-ended, to be determined by you all. There are plenty of materials that are out there, such as those listed on our website's Small Groups page. Keep the focus on materials that are geared towards living discipleship in Christ and building a relationship with Him.

Regardless of the material you choose, spend 15-20 minutes reading/watching key information, as a group.

5. Reflection on the Material. Once you are done going through the material, discuss:
 - a. What stood out for you from this material? Why?
 - b. What questions does this material raise for you? Why?
 - c. How does this material help/challenge you to live out your discipleship in Christ on a deeper level?
6. Prayer Intentions. Spend some time allowing people to voice their intentions.
7. Decade of the Rosary. Finish with One Our Father, Ten Hail Mary's, and Glory Be.

Continue with a generous supply of 'hospitality'!!

Steps for *Lectio Divina*

from

ACCEPTING THE EMBRACE of GOD: THE ANCIENT ART of LECTIO DIVINA

Luke Dysinger, O.S.B.

From

<http://www.valyermo.com/ld-art.html>

LECTIO DIVINA Shared in Community

Listening for the Gentle Touch of Christ the Word

(The Literal Sense)

1. One person reads aloud (twice) the passage of scripture, as others are attentive to some segment that is especially meaningful to them.
2. **Silence** for 1-2 minutes. Each hears and silently repeats a word or phrase that attracts.
3. Sharing aloud: [A word or phrase that has attracted each person]. A simple statement of one or a few words. **No elaboration.**

How Christ the Word speaks to ME

(The Allegorical Sense)

4. Second reading of same passage by another person.
5. **Silence** for 2-3 minutes. Reflect on “Where does the content of this reading touch my life today?”
6. Sharing aloud: **Briefly**: “I hear, I see...”

What Christ the Word Invites me to DO

(The Moral Sense)

7. Third reading by still another person.
8. **Silence** for 2-3 minutes. Reflect on “I believe that God wants me to today/this week.”
9. Sharing aloud: at somewhat greater length the results of each one's reflection. [Be especially aware of what is shared by the person to your right.]
10. After full sharing, pray for the person to your right.

Note: Anyone may “pass” at any time. If instead of sharing with the group you prefer to pray silently, simply state this aloud and conclude your silent prayer with *Amen*.