

## Worship - A Lectio Divina: Free to Worship

Lectio Divina is a practice that allows us to deeply listen to God's word. It is a time to let our souls ponder, contemplate, study, pray, sing, rejoice, be silent, and communicate with God. There are various ways to practice Lectio Divina and this is just one variation of the method.

This group meditation should be held in a quiet space, without distractions. The opening prayer should be read by two voices. The reading should be read by either five separate people or with alternating voices if the group is smaller. Begin the meditation with an opening prayer, and follow each reading of the Bible passage with a Taize chant repeated as many times as desired. You can begin by first explaining the process or explain the different instructions before the passage is read each time.

### Opening Prayer

*Voice 1:* How good and how lovely it is,

*Voice 2:* To live together in unity.

*Voice 1:* If the Lord's disciples keep silent,

*Voice 2:* These stones would shout aloud.

*Voice 1:* Surely it is God, Who saves me,

*Voice 2:* I will trust in God and not be afraid.

*Voice 1:* For the Lord is my stronghold and my sure defence,

*Voice 2:* And God will be my Saviour.

*Voice 1:* Make God's deeds known among the peoples;

*Voice 2:* See that they remember that God's Name is exalted.

*Voice 1:* Sing praises of the Lord, for God has done great things and is known in all the world.

*Voice 2:* Cry aloud, ring out your joy, for the Great One in the midst of you is the Holy One.

### Lectio Divina

- **Silence:** The first time the Bible passage is read, ask everyone to contemplate the words, listening to each individual word and phrase. After the reading all meditate quietly on the verse.
- **One Word:** The second time the Bible passage is read, ask everyone to listen for one word that stands out to them. After the reading, ask that they share that word, the word they remember hearing or that they related to the most.
- **A Phrase:** The third time the Bible passage is read, ask everyone to quietly listen for a phrase that speaks to them, that causes them to contemplate or challenges them to act. After the passage is read, ask that they share it with the group.
- **A Call to Act:** The fourth time the Bible passage is read, ask everyone to briefly share what they feel this passage is calling them to do, what kind of action they feel God is calling for them, or how they think it relates to Religious Freedom.
- **Contemplation:** The final time the Bible passage is read ask everyone to reflect again on what they have heard, what others have shared, and on God's word.

**Reading – Mathew 18:18-20**

*18I tell you the truth, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. 19“Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. 20For where two or three come together in my name, there am I with them.*

**Song:** Ubi Caritas (Taize chant).

*“Where there is charity and love, there God is.”*

*\*One variation of this meditation is to experiment with different versions of the song or translations of the biblical passage. Sharing slightly different versions of these verses may bring up additional ideas and reflections.*