**A guide for teachers**

Lectio Divina can be split into five stages:

**Read** (Lectio); **Meditate** (Meditatio); **Pray** (Oratio); **Contemplate** (Contemplatio); **Act** (Actio)

* **Begin** by choosing a piece of scripture, appropriate to the season, gospel of the week, linked to an appropriate current theme.
* **Pray for the Holy Spirit** to be with you at this time. Then let the pupils settle into a comfortable, silent time**.**
* **Read the passage aloud.** Encourage pupils to listen to what is being said, or what the main characters are doing. Tell them there will be a short period of silence afterwards.
* Prepare to read again: ask pupils to think about what words or phrases stand out for them. **Read the passage for a second time.**
* **Meditation:** This is an opportunity for pupils to volunteer what the passage means to them; or to ‘echo’ the key word or phrase they are thinking about. Let the pupils see the text displayed as a reminder.
* **Oratio:** A chance to pray, possibly using a style typical of the prayers of the faithful.
* **Contemplation:** This a chance to return to silence; or to hear the passage one last time. Give pupils a chance to sit quietly ‘resting in God’s love’.
* You may wish to add a formal, well-known prayer, that all can join in with.
* **Actio**: A chance to reflect on what the passage has encouraged pupils to do.

Teachers may choose to use the template powerpoint to give structure to an occasion of Lectio Divina. Each opportunity can vary, and teachers should be encouraged to adapt the resource to their needs and the needs of the pupil group.

**What is Lectio Divina?**

Lectio Divina literally translates as ‘Divine Reading’, and originated from a monastic tradition, where silence is a way to listen to God speaking to us.

St Benedict wrote that, in prayer, we ‘incline the ear of our heart’. Lectio Divina gives us the time and space to listen with the ear of our heart.

Leading Lectio Divina, with its moments of silence, can be a challenge. Start with shorter passages, stay patient and keep practising.

Prayer: Lectio Divina