

## Sermon Series

- Mark 6v6-13 Sending out the twelve
- Mark 6v14-29 Flashback
- Mark 6v30-44 Five Thousand Eat
- Mark 6v45-52 Walking on Water
- Mark 6v53-56 Healings
- Mark 7v1-12 God's Commands and Human Tradition
- Mark 7v24-30 Syrophenician Women
- Mark 7v31-37 Healing of the Deaf and Mute Man
- Mark 8v1-10 Four Thousand Eat
- Mark 8v11-13 Signs from Heaven
- Mark 8v14-21 Yeast of the Pharisees

# Māšīah

Mark 6-8  
Lectio Divina Guide



Great Shelford  
Free Church

As we return to studying the gospel of Mark, our studies will be focused around the spiritual discipline of '*lectio divina*'. Each study session will follow the same format of '*lectio divina*' (as described below) using the passage from Mark listed for that week.

'*Lectio divina*' (sacred reading) is a spiritual practice originally practiced by monks who spent their days praying and reading the Bible.

St. Benedict required every monk to spend significant time in '*lectio divina*' each day as a contemplative way of being with scripture. It approaches the Bible as God's living word, and is a heart-centred practice, requiring us to slow down, listen, contemplate, receive and respond to God. '*Lectio divina*' is not simply reading God's word, but seeking to connect with God through His word.

It is our hope that over the coming weeks the habit of approaching scripture in this way will allow God to speak to us and put into practice our desire to 'Be Still and Know That I Am Lord'.

There are four main stages to *lectio divina*:

- **lectio**/read,
- **meditatio**/reflect,
- **oratio**/prayer response
- **contemplatio**/rest in God's presence.

## Lectio Divina for Small Groups

### Preparation

- Begin by someone praying for the group that they would be open and receptive to God.
- The group to be silent for a 1-2 minutes.

### 1. Read (lectio):

Someone reads this week's passage out loud slowly. Listen for a word or phrase that speaks to you as the passage is read. Have a time of silence for 1-2 minutes.

### 2. Reflect (meditatio):

Each person reads the passage silently to themselves. Consider and reflect on the word or phrase that stood out. Repeat it to yourself and allow it to speak to you, to interact with feelings, images, thoughts and memories that come to you during this time. How does what you have heard connect to what is happening in your life?

Invite the group to share and reflect together for a short time, being aware of the similarities and differences in what you have heard.

### 3. Respond (oratio):

Take any thoughts, feelings, actions, fears, convictions, and questions you have meditated on and offer them to the Lord in prayer.

Pray together, out loud or individually.

4. **Rest (Contemplatio)**- take time to rest in God, just be with Him in a time of silence.