The Steps of a Small Group

Gathering as Community (20-30 minutes)

***Foster a prayerful Environment**

Welcome people, Lighting a candle, Music

***Covenant Prayer**– Recite the prayer as a group

***Review the last week**-

Since the last time you met would anyone like to share a God Sighting. An encounter where they felt or sensed God in their lives.

Lectio Divina-Sacred Scripture (50-60 minutes)

***Lectio Divina–** Gospel Reading (4 times through)

***Reflection Video–** found on Saint Michael web page or YouTube Channel

***Reflection Questions and Responses**

Send Off (5-10 minutes)

***Intercessions**

***Closing prayer**

Covenant Prayer

Loving God, we are thankful for the opportunity to gather in this small Christian community, to hear your word and share your good news for the salvation of the world

We believe Jesus is present and continues to break open the word and speak to our hearts as once He did for His disciples.

Open our minds, our hearts and our lips so that what we hear we will understand, what we understand we will share.

Remind us of the needs of our community, our church and our world as we strive to know your word.

Give us the strength to be present to one another and while in this community may we always be respectful of each other and honor a spirit of confidentiality and trust.

Temper our differences with love and understanding, and call us all to mutual respect and compassion

May this community and the covenant we share, be a reflection of the covenant you made with our ancestors, a bond that is only strengthened and deepened each time we gather to know, love and serve you.

When our time of prayer and reflection is complete, may your spirit be with us as we return to the world to live the message we encounter

We ask this through Christ our Lord. Amen

Lectio Divina

Explained

Step 1

Lectio (Read) —Read the passage slowly. Put yourself in the story or scene instead of focusing on a message for yourself. Visualize as concretely as possible the time, the place, and the people involved in the biblical story. Slow down. Savor the images. Pay attention whenever anything you read sparks a reaction from you.

Pause for a few minutes to reflect on what you just read.

Step 2, *{Read the passage again}*

Meditatio (Meditate) —Try focusing on a word or phrase from the passage. Each person will speak out loud one word or phrase that sticks out to them from the passage.

Pause for a few minutes to allow everyone to share their word and reflect on what each person has said.

Step 3 *{Read the passage agoin}*

Oratio (Pray)—Allow the meditation to lead you to a conversation with God. Why did that word or phrase resonate with you? What is God calling you to think about? Don't overthink it -

Pause for a few minutes, let each group member share why the word or phrase stuck out to them. What did it say to them.

Step 4 *{Read the passage again}*

Contemplatio (Contemplate) —Spend a few moments resting in the presence of God

Allow each person in the group to share where God is calling them to act through what they have heard in the scripture.