

Communal Lectio Divina

Our Father Who Art in Heaven

Opening Prayer:

Heavenly Father, I believe in your wisdom and love. I believe you created me for heaven, mark out the way for me to reach it, and will give me the reward of the faithful servant. Give me light and show me the way. Grant me the grace to follow it generously. I ask this through Jesus Christ, your Son, our Lord. Amen.

The Scripture Passage:

Matthew 6:7-15 (NRSV)

⁷“When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. ⁸Do not be like them, for your Father knows what you need before you ask him.

⁹“Pray then in this way:

Our Father in heaven,
hallowed be your name.

¹⁰ Your kingdom come.

Your will be done,
on earth as it is in heaven.

¹¹ Give us this day our daily bread.^[a]

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And do not bring us to the time of trial,^[b]
but rescue us from the evil one.^[c]

¹⁴For if you forgive others their trespasses, your heavenly Father will also forgive you; ¹⁵but if you do not forgive others, neither will your Father forgive your trespasses.

Lectio (Reader 1) – Read the Gospel passage out loud slowly and reflectively – respecting the pauses the passage presents. After a moment of silence, read the Gospel passage again. (In a group, read the passage aloud).

Silence (approx. 3 mins) – Spend this time reflecting: “What is the Scripture itself saying?”

Meditatio (Reader 2) --- Read the Gospel passage slowly and reflectively again. As we listen to the Word this time, we allow the words we are reading to mind to our heart.

Silence (approx. 3 mins) – “What is the Scripture saying to my heart?”

Prayerfully “echo” the Word by choosing a word or phrase that resonates in your heart at this time.

Oratio (Prayer) – What do you wish to say to the Lord in response to the Word he has spoken to you? Silently offer a simple prayer of response to the Lord (i.e., praise, thanks, petition) related to the Word you are pondering. (approx. 1---2 mins)

Contemplatio (Contemplate) – We rest in the Word we have received, savoring it, waiting with it. (approx. 3---5 mins)

Collatio (Sharing) – In your heart gather the fruits of this Meditation. One of the following questions may help facilitate your reflection:

- What truth is the Lord presenting to my mind? (Truth)
- What is the Word saying to my heart? (Life)
- What is the Word saying to me about my actions, my service, my choices? (Way)

In a group, each person is invited to share briefly (approx. 1-2 min) what the Word is saying to them.

Closing prayer:

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.