

Formation Session Flow When Using Spiritual Readings (Based on the Lectio Divina)

I. Kumustahan/Checking-in

How are you and what was your overall reaction as you were reading the chapter? *This can focus more on sharing both what is going on in the life of each member and also initial reactions to the reading to get a sense of where each person is with the chapter.*

II. Prayer

1. Quiet yourselves and recall the reading.
2. The prayer leader might lead the group through a quiet reflection on the major parts of the chapter using the headers, and then a few key points from each section. Ask them to recall key words, phrases or ideas that struck them.
3. When each member has a word, phrase or idea, ask them to just quietly hold that word, phrase or idea within them. He/she may quietly repeat it to him/herself.

III. Sharing

1. First round of sharing: Share the word, phrase or idea. Do not explain. Just state what it is and where it is in the reading.
2. Second round of sharing:
 - a. What does this particular word, phrase or idea mean to you right now?
 - b. What do you think is its relevance to where you are right now?
 - c. Why did the word, phrase, or idea strike you?
 - d. What is your emotional or inner movement in relation to the word, phrase or idea?
 - e. How does it affect you?

IV. Personal Prayer

1. After the sharing, take a few moments of silence and talk to the Lord about the word, phrase, or idea.
2. Ask him to reveal to you how you are invited to respond to the word, phrase or idea through your life in the coming days or weeks.
3. Savor being in his presence but also note what he says to you and how he responds to you.

V. Final Sharing

1. Express to one another what happened as you spoke to the Lord. They may be responses to the one or all of the questions:
 - What are you invited to do in the coming days or weeks?
 - How are you being called to respond?
 - How are you moved to act by what was revealed to you?

VI. Synthesis

The Guide can look for points of convergence and divergence in the sharing and point out areas for repetition and/or further prayer and reflection.

VII. Evaluation of the Formation Session

Each one shares one word or phrase to express how they are as they come to the end of the session.

VIII. Closing Prayer

Each one may pray for the concerns of the person on their right. As a group, end the prayer session with and Our Father or a Hail Mary or a hymn.

Prepared by:

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