

# LUKE 10: 25-42

## STOP, LOOK, AND LISTEN

### PRAYING WITH SCRIPTURE

*Most of us have heard the story of the Good Samaritan and the story of Mary & Martha so many times that it is hard for us to hear it anew. Today, invite your group to engage in a practice of praying with Scripture called Lectio Divina to help you hear this familiar story with "the ears of your heart."*

#### WHAT IS IT?

"Lectio Divina" means divine reading in Latin. It's an ancient practice that teaches us how to **meditate on** and *live* the Word of God. It's not a prayer with fixed rules, but it does have important phases which guide us toward an encounter with God through the Sacred Scriptures.

#### THE PHASES

*lectio* - the reading of God's word

*meditatio* - meditation on that which you have read

*oratio* - prayer in which you enter into dialogue with God

*contemplatio* - contemplation, or resting in God's word.

Identify 3 readers before you begin.

Find a comfortable seated position and become present where you are. If it feels okay to you, close your eyes.

First Reading (*lectio*) - listen to the text

#### **meditatio**

1-2 minutes of silence to let the text sink in

Second Reading (*lectio*) - listening for a word or phrase that stands out to you, that speaks to your heart today

#### **oratio**

1-2 minutes of silence to enter into prayer with God about the word or phrase that has caught your attention. What might God be saying to you through this?

Third Reading (*lectio*) - listening to the text as a whole

#### **contemplatio**

1-2 minutes of silence to rest in contemplation on God's Word

*Close with a spoken prayer*

## Questions for Discussion

1

What did you hear in the text? What stuck out to you?

When do you find yourself identifying more with Mary?  
When do you find yourself identifying with Martha?

2

3 Why do you think Luke chose to place these stories side-by-side?

4 Why do you think this is the text was chosen for the first Sunday of Lent? How might these two stories shape how we participate in Lent this year?

4

## Closing Reflections & Prayer

Close with a time of sharing and praying for one another.

Discuss your commitments for you Lent, if you haven't already.  
Is there something you are giving up this year, or something you feel called to take on?

How can you pray for one another in the week ahead?

Close by inviting each person to pray silently or aloud for one other person in the group.