

a simple method for a small group sharing

LIVINGTHEWORD

SMALL GROUP PRAYING

- **10 minutes Reading**
- **10 minutes Writing**
- **10 minutes Sharing / Praying**

10 minutes Reading

- Read through a reading slowly once
- Read through the reading a second time and with a pen circle or underline a word or phrase that strikes you
- Read through each reading following this process
- Finally, notice which words or phrases are particularly meaningful for you. Consider why

10 minutes Writing

- Spend a moment reflecting on one or two ideas that strike you most from the readings
- Writing is an active response to God's word - it is so easy to sit silent without claiming a word spoken which demands a response (think of always being silent with your friend!)
- Begin writing what struck you. What did you hear? What is your response? Is there a new attitude, action, decision that you are invited to live?
- End by writing a short prayer thanking God for what you heard and help to 'livetheword'

10 minutes Sharing / Praying

- If you are with friends, share in groups of 3 taking 3 minutes each saying what spoke to you in the readings.
- Encourage each other to own up to an action that they feel called to live in their lives.
- Conclude by saying a prayer individually or together

GETTING STARTED

- Help the group become comfortable and still
- Don't be tempted to read too much. Spiritual reading is most of all slow reading and then listening.
- Praying is different from 'reading' a book. It is different from trying to read large amounts of text.
- Be comfortable sitting with only one or two words or ideas and see where they lead you
- Sit and ponder and chew over one thing. One thing in depth and in slow motion.
- Having heard a word from God, the invitation is to 'respond'. Use your imagination to imagine livingtheword... what do you find yourself doing, being?