



## TOOLKIT | PRAYERFUL REFLECTION

### INTRODUCTION

As the Diocese of Qu'Appelle embarks on a journey into our 'preferred future', engaging deeply with Scripture is a **vital practice**. Dwelling in the Word invites us to **listen** for God's voice together, fostering **prayerful reflection** and **communal dialogue**. This guide offers a simple framework for anyone in our diocese to participate in Dwelling in the Word as we seek God's guidance for our shared future.

#### ✖ Background

Dwelling in the Word is rooted in the ancient practice of Lectio Divina. We hear a passage of Scripture and, guided by the Holy Spirit, see where our attention is drawn. We **dwell** in the passage, listen and share.

Unlike Bible study, which often seeks information or interpretation, this approach focuses on attentive listening—both to God and to one another. It is about letting the text speak, opening ourselves to the Spirit, and discerning together how God might be shaping our lives and ministry.

#### ✖ The Practice of Lectio Divina ('divine reading')

A contemplative way of reading Scripture that unfolds in four movements:

1. **Reading (Lectio):** Read the chosen passage slowly and attentively, listening for any word or phrase that stands out.
2. **Reflection (Meditatio):** Reflect silently on the word or phrase. Consider what it might mean for you personally and for the diocese.
3. **Prayer (Oratio):** Respond to God in prayer, asking for insight, guidance, or simply expressing what is on your heart.
4. **Contemplation (Contemplatio):** Rest quietly in God's presence, allowing the message of the text to settle within you.

#### ✖ How to dwell in the Word together

- Have the Scripture passage ready
- Gather in Community: Meet in small groups, ensuring everyone has a copy of the passage.
- Listen Deeply: Read the passage aloud slowly, twice. After each reading, allow silence for personal reflection. Invite each person to share what word or phrase caught their attention.
- Share and Pray: Listen to one another's reflections without comment or correction. Pray together, asking God to guide the diocese's future.
- Discern Together: After prayer, discuss if there are themes, insights, or nudges from the Spirit. What might the Spirit be saying to us / the diocese?

#### ✖ Tips for a fruitful experience

- Prioritise listening over speaking. Allow silence to create space for God.
- Respect each reflection as a gift. **Avoid debate or critique.**
- Trust that God speaks through Scripture, community, and silence.
- Return to the practice regularly as the diocese's discernment unfolds.

#### ✖ Conclusion

Dwelling in the Word offers a pathway for spiritual discernment, helping the Diocese of Qu'Appelle to hear God's call for its future. By embracing Lectio Divina together, we open ourselves to deeper faith, stronger community, and a clearer vision for ministry. May this practice guide and bless our shared journey.

## SCRIPTURE suggestions

### **Jeremiah 29: 11-14a**

<sup>11</sup> “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. <sup>12</sup> Then you will call on me and come and pray to me, and I will listen to you. <sup>13</sup> You will seek me and find me when you seek me with all your heart. <sup>14</sup> I will be found by you,” declares the Lord, “and will bring you back.”

### **Ephesians 3: 14-21**

<sup>14</sup> For this reason I kneel before the Father, <sup>15</sup> from whom every family in heaven and on earth derives its name. <sup>16</sup> I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, <sup>17</sup> so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, <sup>18</sup> may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, <sup>19</sup> and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

<sup>20</sup> Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, <sup>21</sup> to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

**OR**

### **Suggested 6-Week Lectio Journey**

<b>Week 1: Remembering Who We Are</b>	— Micah 6:6-8
<b>Week 2: Letting Go and Being Open to Newness</b>	— Isaiah 43:18-21
<b>Week 3: Walking Together in Uncertainty</b>	— Luke 24:30-32
<b>Week 4: Seeing Ourselves as One Body</b>	— 1 Corinthians 12:12-27
<b>Week 5: Trusting God’s Abundance</b>	— Ephesians 3:14-21
<b>Week 6: Hope for the Future</b>	— Revelation 21:1-5

## NOW DO IT!

### **♦PRAY**

*Invite God to open ears, hearts and minds.*

Leader Loving God, hear our prayer:

As we dwell in your life-giving word

All **May we find deep-rooted delight.**

Leader As we learn to live inside your Kingdom story

All **May our stories find their meaning.**

Leader As we look through the lens of your love

All **May our perspectives be enlarged.**

Leader As we let go and listen with ears to hear

All **May we be open to hearing your voice, O God, through others.**

Leader As we catch wind of your gentle whisper

All **May we find your comfort and challenge.**

Leader Loving God, speak to us

All **for we are listening. Amen.**

## READ ● REFLECT ● PRAY ● CONTEMPLATE

### **♦PRAY**

*Thank God in prayer, for speaking to the group.*

Leader O God, we thank you for your word – a lamp for our feet, and a light for our path.

May your light shine

All **Restoring your image in us.**

Leader May your light shine

All **Re-centering us in your story.**

Leader May your light shine

All **Re-framing the present.**

Leader May your light shine

All **Re-imagining the future.**

Leader May your light shine

All **Now and forever. Amen.**