

**CHRIST CHURCH, WEST WIMBLEDON**

**LENT 2019**

**MEETING ON TUESDAYS IN THE TRUMAN ROOM: 2 to 3.15pm and 8 to 9.15pm**

**March 12, 19 and 26. April 2, 9 and 16.**

*We will be reflecting on and studying the Gospel passages for the 6 Sundays in Lent. You may have heard them read in church on the previous Sunday and a sermon preached on them. During the week we need to let these passages permeate our lives so that the grace of God can gradually transform us - and this can happen by engaging in depth with the scriptures.*

*We are going to use an ancient method of reading the scriptures called 'Holy Reading' - called 'Lectio Divina'.*

**Each session will be in three parts:**

**PART ONE: GOSPEL READING**

**The first stage is reading** (lectio) the Word of God slowly and prayerfully. We will read the passage around the group, one verse being read in turn by each person.

**The second stage is meditation** (meditatio) where we think about the text and ponder on it, asking God to speak to us directly.

**The third stage is reading again** - we will read the passage once more, again going round the room. As you read, take note of any words or short phrases which particularly strike you.

**The fourth stage is response** (oratio) where we offer our inner responses to the passage. There may be a word or phrase which speaks to you and which you might like to share with the group.

**The fifth stage is rest** (contemplation) where we listen to God at the deepest levels of our being. We try to open up ourselves to God and allow him to work in us.

**PART TWO: REFLECTION, QUESTIONS AND DISCUSSION**

**The leader will read the reflections as printed and then we will discuss the questions.**

**CONCLUSION: ACTIONS AND PRAYER**

**At the end of the session there will be 3 minutes for each person to jot down 'one thing that has struck me, one thing that I want to do and one thing that I want to pray about or for'.**

**We will end in quiet prayer, finishing by saying the Collect and sharing in the Grace.**