



Worship points

Leadings - Lectio Divina

Lectio Divina is a slow contemplative way of reading a sacred text in order to reflect on the text, come to understand its message and connect with the spirit behind the passage.

It should be done alone and have four steps. You should allow plenty of time for the whole process. Each stage will take its own time. Some people will spend more time on one stage than another.

- Read – read the page slowly and thoughtfully. If possible provide space for individuals to read this aloud without being disturbed.
- Think – read the passage again, slowly and carefully, pausing whenever a word or phrase strikes a chord with you and stands out. Stay with the word or phrase, repeating it and pondering it. Take time to listen deeply to thoughts, images, feelings or memories that may arise. You might want to read it twice, three times, or several times this way, listening for words that stand out.
- Pray/reflect – allow the thoughts, images and feelings which have arisen from your thinking to settle, see what emerges from that and where this leads you as you encounter new ways to think about, reflect on and potentially communicate with God / the Spirit.
- Live/respond – rest, reflect, respond, or act as you discover what you are taking from the passage and how it may affect what you believe or how you practice your faith, both in worship and in action.

Use this method to encourage individuals in the group to reflect on *Quaker faith & practice* 29.02, which is available in full overleaf. This passage explores what leads Quakers to act, and how we can act alongside other groups and organisations.

Please turn over...

Following consideration of priorities in financing the work of London Yearly Meeting in 1992, Meeting for Sufferings minuted:

The ground of our work lies in our waiting on and listening for the Spirit. Let the loving spirit of a loving God call us and lead us. These leadings are both personal and corporate. If they are truly tested in a gathered meeting we shall find that the strength and the courage for obedience are given to us. We need the humility to put obedience before our own wishes.

We are aware of the need to care for ourselves and each other in our meetings, bearing each other's burdens and lovingly challenging each other.

We also hear the cry of those in despair which draws out our compassion. We know the need to speak for those who have no voice. We have a tradition of service and work which has opened up opportunities for us. But we are reminded that we are not the only ones to do this work. Not only can we encourage a flow of work between our central and our local meetings; but we must recognise the Spirit at work in many bodies and in many places, in other churches and faiths, and in secular organisations.

When we look at our past we can see the length of time needed for transformation. We are a small church with the pretensions to change the world. But first we have to let God change us – to empower us to be better Friends, and more active in our own work. We should not be creating structures to work for us, but empowering each other to do the work laid on each of us. However we plan ... the Spirit is unchanging and will always lead us... All is interconnected, worship with action, wisdom with love.

We must look to our meetings, to our love for each other, and our corporate discipline. We must look to ourselves, to speak of our lives and to let our lives speak. Above all we must look to the Truth. We have an Inward Teacher who teaches, guides and commands us. When we know what we have to do, how to do it will come.