



The Lectio Course: Session Five | Contemplation: Hearing God in the Whole World

Part One: Group Reflection Questions (10-15 minutes)

1. What did you find most helpful or most challenging in the video?
2. What does the word “contemplation” make you think of? Does this match or differ from the content of this final session?
3. What would be different if you expected to encounter Jesus in every part of your life?
4. Pete shared the story of Kumbuka the gorilla – what ‘spiritual sugar rush’ traps can we fall into as Christians?
5. Pete says that the more we find God in His Word, the more our eyes are primed to see Him in the world. How does reading the Bible impact the way that you see the world?
6. Teresa of Avila describes contemplative prayer as “an intimate sharing between friends”. How could you foster this attitude in your prayer life?
7. What has been your biggest revelation or learning from The Lectio Course? What impact will it have on your daily life?

Part Two: Practical prayer activity (10-15 Minutes):

Try reading the Bible prayerfully as a group, using the four steps of Lectio Divina to reflect on Jesus' teaching about hearing God's voice:

Read: [Matthew 14:13-21](#)

How to do the Lectio Divina as a group:

Read (Lectio): Read the passage out loud, reflecting on the passage as you read.

Meditate (Meditatio): Read the passage again, and encourage each member of the group to say out loud one word or phrase that jumped out to them (the same word or phrase can be repeated by different people).

Pray (Oratio): Read the passage again, and allow space for members of the group to pray out short prayers related to the themes, words or phrases of the passage.

Contemplate (Contemplatio): Read the passage a final time, and sit quietly to reflect individually. Each member of the group might like to ask themselves the question, "what's the one thing from this passage I will take into my week?"