



The Lectio Course: Session Three | Meditate: Hearing the Holy Spirit in our Thoughts

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

1. What did you find most helpful or most challenging in the video?
2. Pete says that meditation has nothing to do with emptying our minds but filling them with the beauty of biblical truth. How does your idea of meditation differ or align with Pete's explanation?
3. When thinking about the three keys to meditation – embracing interruption, exercising intuition and applying imagination – which do you find easiest to focus on? Which feels the hardest?
4. Mara explained the vital role that both logic and imagination play together in our understanding of scripture. What practical step from Pete and Mara's conversation will you apply next time you read the Bible?
5. Do you consider yourself more of a logical or imaginative person? Do you think this impacts the ways that you hear God?
6. How do we know when God is speaking and when it's just us? How can we practise discernment when we're praying imaginatively?
7. What one thing will you do differently because of this session?

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: [Luke 15:11-32](#)

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?"