



TEACHING METHODS

Lectio-Divina

MATERIALS NEEDED FOR IN-PERSON TEACHING:

- BIBLE, OR OTHER READING MATERIAL

MATERIALS NEEDED FOR VIRTUAL TEACHING:

- BIBLE, OR OTHER READING MATERIAL
- VIRTUAL LEARNING PLATFORM

EMPOWERING LEARNING:

- ALLOWS FOR REST
- ENCOURAGES SLOWING DOWN
- PERSONAL

DESCRIPTION

Lectio-Divina or divine/ sacred reading is a practice that encourages slowing down and offers guidelines for the natural movement towards talking less and listening more.

INSTRUCTIONS FOR IN-PERSON TEACHING

Have students take a deep breathe before beginning and encourage them to remain relaxed as they read. Each student will complete the reading slowly and then they will take some time to sit with and reflect upon what they have read. Once they have done that, the students will let their heart offer a response and finally they will rest.

INSTRUCTIONS FOR VIRTUAL TEACHING

The practice is essentially the same for virtual except, instead of having each student individually read the reading, you as the instructor will read it out-loud for everyone to hear. You will explain that the students are to listen to what is being read. They are to mediate on the reading and allow their heart to offer a silent response, and then they are to rest in the space their relaxation has created. Once you have explained this, slowly read the material out-loud.

IDEAS FOR USING THIS METHOD

- Use this method to encourage quiet, meditative practices while reading and/or listening activities