

<p>我们已经讨论了信仰分享和在一起的祈祷都帮助我们建设我们的团体。在礼仪祈祷中，特别是在感恩圣祭中建设团体也会产生。然而我们分享我们的精神祈祷（用心智）也是宝贵的。我们把个人祈祷和信仰分享结合在一起，这种方式就是透过团体做的“偕主读经：” / 神圣阅读</p> <p>按着偕主读经结构，，首先包括，个人祈祷。提供我们分享彼此祈祷并为彼此祈祷的途径</p>	<p><b><u>Group Lectio Divina</u></b> Faith sharing can build up our communities. Prayer together also builds up our communities. This happens in liturgical prayer, especially in the Eucharist. But it is also valuable to share our mental prayer. This combines personal prayer and faith sharing One way to do this is through a group form of lectio divina.</p> <p>It follows the structure of lectio divina. It should consist, first of all, of personal prayer. It provides a way to share our prayer with each other and to pray for each other.</p>
<p><b><u>第一阶段：阅读</u></b> 听到，读到天主的语言是是美妙。 我们团体（小组）偕主读经，以选择2个人开始，之后，一人读，停下一分钟，另一人读 听一个词，或短句 祈祷3分钟，然后分享你已经选的词或短句</p>	<p><b><u>First Stage: Reading</u></b> It is good to read the word. It is also good to hear the word. We can start group lectio divina by choosing two people to read. After the first person reads, leave one minute. Then the other person reads. Listen for a word or a phrase. Pray for three minutes and then share what word or phrase you have chosen.</p>
<p><b><u>第二阶段 个人默想和反省分享</u></b> 用你选的词或短句默想5-10分钟 在这个短句中，我如何领会天主对我的爱，天主向我要求什么？透过这个词，天主教导我什么？ 开始轮流分享你默想中的内容 每人都是自由分享或不分享，没有人感到被强迫 谁愿意分享可以开始，别人聆听即可 不需要解释或评论所分享的 个人祈祷的分享敏感且私人化的 为个人都感觉到是荣幸能够聆听到别人分享祈祷中所发生的事 当一人分享祈祷时，其他人能够肯定她可以提供明确的问题或鼓励的话 重要的是：让分享的人知道，她的分享是以爱的方式被接纳的。</p>	<p><b><u>Second Stage: Personal Meditation and Shared Reflection</u></b> Take 5-10 minutes to meditate with the word or phrase. “How do I see God’s love for me in this phrase?” “What is God asking of me?” “What is God teaching me through His Word?”</p> <p>Now take turns sharing something from your meditation. Everyone must be free to share or not share — no one should feel forced. Whoever would like to share first can start and the others can listen. There should be no commentary or critique about the sharing. This sharing of personal prayer is very sensitive and intimate. Each person should feel very privileged to hear what is happening in the prayer of someone else. After a person shares her prayer, the others can affirm her. A clarifying question or a word of encouragement can be offered. It is important to let the person know that her sharing has been received with love.</p>
<p><b><u>第三阶段：祈祷</u></b> 当一人分享完毕，这时间时为彼此祈祷的</p>	<p><b><u>Third Stage: Prayer</u></b> After each person has shared, there is a time of prayer for each other. In this time, each person</p>

<p>时间。</p> <p>每个人可以把为别人的祈祷 在小组里讲出来</p> <p>这个小组知道每个人的祈祷，我们就能够更好地为那个人祈祷</p> <p>没有人被迫大声祈祷，但每个人都是被鼓励的</p> <p>这是一个 我们对彼此表达我们的爱和分享心灵的强有力的方法</p>	<p>can pray out loud and pray for the others in the group. Now that the group knows the prayer of each person, we are in a better position to pray for that person. No one is forced to pray out loud, but everyone is encouraged. This is a powerful way to share our hearts and express our love for each other. This can also be a good time to share some prayer intentions with each other.</p>
<p><b>第四阶段 默观</b></p> <p>每个人都 祈祷完毕，</p> <p>用 3—5分钟静默</p> <p>这段时间 阅读，默想，分享和祈祷非常紧张（密集）</p> <p>我们需要几分钟休息和浸泡在天主的临在中</p> <p>哪里有二，三个人在一起，天主也在那里，当我们脆弱时，打开我们的心，主用他的爱迅速填满我们的心</p>	<p><b>Fourth Stage: Contemplation</b></p> <p>After everyone has prayed, it is good to take 3-5 minutes in silence. This time of reading, meditation, sharing and prayer is very intense. We need a few minutes just to rest and soak in the Lord's Presence. Where two or three are gathered He is there, and when we are vulnerable and open our hearts, He fills us up quickly with His love. After the time in silence, we can come out of the prayer slowly together by praying the Our Father our loud.</p>