***Praying Daily with Scripture***

**LECTIO DIVINA–(Divine reading)**

*Read* **1. Read the Scripture passage slowly, out loud if possible, simply to**

**become familiar with it.** Use a reading from daily Mass or any other selection from the Bible (10-15 verses).

*Reflect* **2. Read the passage again, silently.** Ask the Lord to let you read and “hear” it as if for the first time. What does it mean?

Using your own words, tell this story in no more than 5 or 6 sentences.

*Spontaneous*

*Prayer* **3. A. Pick one person from the passage:**

**Imagine that you are there, in this person’s “shoes.”** What do you see, hear, smell, taste or touch? If the passage does not

specifically name persons, simply see if the words themselves evoke any particular feeling or response in you.

**B. How do you think this person or you yourself would feel**

**in this situation?**

**C. Does this passage remind you of something or someone in your life? Is there anything you would say or do differently in this situation, either as the person in the Scripture passage or in the life experience that this situation brings to mind?**

**D. Have a “heart-to-Heart” talk with Jesus,** sharing your honest feelings about anything that has come to mind as you reflect on this passage. It might be something that is weighing heavily on your heart, or something that moves you to a deep sense of gratitude and joyful praise.

**E. Choose one word or phrase from this passage that has a special meaning for you:** **.**

*Resting* **4. Read the passage again. Close your eyes. Think of your favorite**

*in God* **picture of Jesus and LISTEN to HIM.** Pause in silencebefore God. Spend this time

in simple silence, waiting and quietly **listening** for whatever the Lord might **“whisper”** in your heart.

**This Modern English description of the timeless *Lectio Divina* was written by Carol Lankford. (See *Catechism of the Catholic Church* #2708)**

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