

# ENCOUNTER

THE HEART OF PRAYER

Week 4

## HOW TO PRAY WITH THE BIBLE

Notes

---

### Quotes From the Video

“Jesus said to his disciples, “Therefore I tell you, do not worry about your life and what you will eat, or about your body and what you will wear. For life is more than food and the body more than clothing. Notice the ravens: they do not sow or reap; they have neither storehouse nor barn, yet God feeds them. How much more important are you than birds! Can any of you by worrying add a moment to your life-span? If even the smallest things are beyond your control, why are you anxious about the rest? Notice how the flowers grow. They do not toil or spin. But I tell you, not even Solomon in all his splendor was dressed like one of them. If God so clothes the grass in the field that grows today and is thrown into the oven tomorrow, will he not much more provide for you, O you of little faith? As for you, do not seek what you are to eat and what you are to drink, and do not worry anymore. All the nations of the world seek for these things, and your Father knows that you need them. Instead, seek his kingdom, and these other things will be given you besides. Do not be afraid any longer, little flock, for your Father is pleased to give you the kingdom.”

— *Luke 12: 22-32*

“To meditate on what we read helps us to make it our own by confronting it with ourselves. Here, another book is opened: the book of life. ... To the extent that we are humble and faithful, we discover in meditation the movements that stir the heart and we are able to discern them.”

— *Catechism of the Catholic Church*, no. 2706

### Suggested Small Group Questions

- Of the 4 movements of *Lectio Divina*, which is the easiest for you to enter into, and which is the most difficult?
- How do you feel *Lectio Divina* can help you pray?
- Have you made any strides in working through some of your challenges in prayer over these past few weeks?
- What has been the biggest blessing of the past few weeks?

## For Your Prayer - Week 4

Below is a Scripture passage for each day of the next week. The daily audio recordings prepared by Fr. Mark will be needed for at least some of the prayer exercises this week. You can find the recordings on our diocesan website under the video for this week's session: [htdiocese.org/encounter](http://htdiocese.org/encounter).

Day 22 | MARK 1: 16-35

A Typical Day in the Life of Jesus

Day 23 | MARK 2: 1-12

Jesus Healing of the Paralytic

Day 24 | MATTHEW 14: 22-33

Jesus Walks on the Water

Day 25 | The Campfire

*Listen to today's audio recording.*

Day 26 | JOHN 6: 1-15

Jesus Multiplies the Loaves & Fish. *If time allows, consider praying with all of JOHN, Chapter 6.*

Day 27 | MATTHEW 16: 13-20

Peter's Confesses that Jesus is the Messiah

Day 28 | JOHN 11: 1-54

Jesus Raises Lazarus from the dead. "So from that day on, they planned to kill him."

## Summarizing the Movements of Lectio Divina

### READING | *Lectio*

- Start with a passage from Scripture and get familiar with the text
- Slowly read the passage a second time
- Very slowly read the passage a third time
- Pay attention to which word, words, or phrases rest in your heart

### MEDITATION | *Meditatio*

- Ask yourself: "*What are the implications of this text in my life?*"
- What was the word or phrase that "tugged at your heart"?

### CONVERSATION | *Oratio*

- Speak with God. Relate vs. ruminare.

### REST | *Contemplatio*

- Rest in God's presence.