

LTA Kickoff Retreat – Prayer Experience Handout – October 24, 2020

5a) Lectio Divina aka Praying with Scripture

Lectio Divina is Latin for divine reading or spiritual reading. It is a traditional Christian practice of prayer intended to promote communion with God and to increase the knowledge of God's Word. It is a way of prayer with the Scripture that calls one to study, ponder, listen and dialog internally with the Holy Spirit.

Here are the steps:

1. Read through the passage provided. Read **slowly**. Allow this first time through to be an attunement or centering down towards God's still small voice. Read as if God is speaking the words directly to you (that *is* what's happening, after all).
2. Read through the passage again, this time with deepening attentiveness. Ask yourself what stands out to you. Perhaps a word, phrase, or image. Meditate for a while on the thing you noticed. Gently repeat it to yourself, allowing it to interact with your thoughts, your hopes, your memories, your desires, and your curiosity. You may want to read the passage again and may find that you notice something different. The point is to let the passage seep into your heart, soul, and mind.
3. Pray through the Scripture one last time holding onto what images and thoughts were brought to you by God's Spirit as you meditated.
4. As you reach the end of your prayer time, make a resolution to apply to your life whatever God revealed to you. Feel free to journal to God if desired.

John 3:16 ¹⁶ For God so loved the world that he gave¹⁶ his only Son, so that everyone who believes in him might not perish but might have eternal life. ¹⁷ For God did not send his Son into the world to condemn¹⁷ the world, but that the world might be saved through him. ¹⁸ Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God. ¹⁹ ¹⁹ And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. ²⁰ For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. ²¹ But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.

5b) Pray the Divine Mercy Chaplet



During the 1930s, a Polish nun named Sister Faustina Kowalska received several visions and messages from Jesus. One of the devotions that Jesus revealed to St. Faustina was the "Divine Mercy Chaplet." Jesus said to her, "At the hour of their death, I defend as My own glory every soul that will say this chaplet; or when others say it for a dying person, the indulgence is the same ... When this chaplet is said by the bedside of a dying person, God's anger is placated, unfathomable mercy envelops the soul, and the very depths of My tender mercy are moved for the sake of the sorrowful Passion of My son."

He also said to her, "It pleases Me to grant everything they ask of Me by saying the chaplet ... if what you ask for is compatible with My will."

Choose an intention to ask God for through your prayer. (Examples might be for the holy souls in purgatory to be united to God in heaven, for all those who will die today, for a family member or friend who is struggling with something, for the sick, for the poor, for healing of a broken relationship, for your own needs, to grow in your faith, to trust God more, etc.)

Using a rosary (or count on your 10 fingers) and these instructions in Spanish and English:

https://www.archsa.org/images/uploads/jubilee_of_mercy_-_divine_mercy_chris.pdf

Divine Mercy Chaplet | Franciscan Friars of the Renewal

<https://www.youtube.com/watch?v=s-410S9wPOs>

5c) Prayer Journal

The most important thing about a prayer journal is that it is written from the heart. A journal reflects your walk with God - it is a place where you can be real with our God, confess your weaknesses and sins, and draw close to your Father in Heaven. King David's writings in the Psalms are a good model for us. We see a degree of honesty and openness with God, and a wide range of emotions - from deep sadness, anger and grief to great celebration and joy. It can also be a place to "Be Still" before your maker and reflect on your life. With a journal you can take time out to dream and receive God's infinite love. A prayer journal is both about our relationship with God and our needs, and also about the needs of others. It is a place to record these needs and requests as you pray these prayers from your heart. Keeping a journal (and occasionally looking back on what you have written) can be a great way to learn more about yourself and the ways that God is working in your life.

You may use the prompts below to help you focus your prayer time. Or sit in silence and meditate on the experiences of today, and then write a letter to God, being honest with everything that is going on in your heart. He is always present to, and always ready to love you. You are His beloved child.

Which image represents your relationship with God?

Which image would you like to represent your relationship with God?



Act of Surrender: Jesus I trust in you and surrender my life to you. I can do nothing without your love and grace. Please be the center of my life.

Act of Contrition (traditional)

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love.

I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

Morning offering (daily surrender)

O my God! I offer Thee all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus. I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to Its infinite merits ; and I wish to make reparation for my sins by casting them into the furnace of Its Merciful Love. O my God! I ask Thee for myself and for those whom I hold dear, the grace to fulfill perfectly Thy Holy Will, to accept for love of Thee the joys and sorrows of this passing life, so that we may one day be united together in Heaven for all Eternity. Amen.

(Offering Prayer by St. Thérèse of Lisieux)