

USING THE LECTIONARY READINGS FOR PRAYER: THE PRACTICE OF LECTIO DIVINA

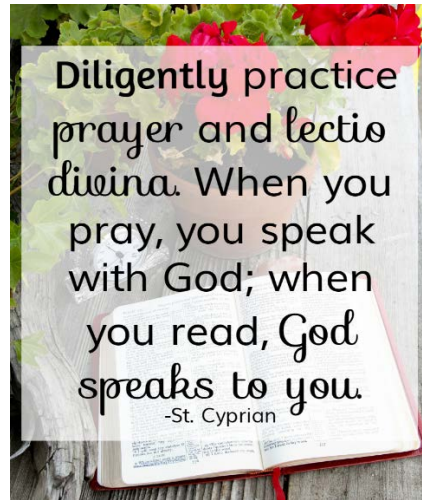
“Lectio”-Read

Choose one of the readings prescribed for the day from the Church’s lectionary. You may want to start with the Gospel.

Read it slowly. Pay attention to words and phrases that seem to come out at you.

Seek to understanding the “background” of the text (what comes before it, after it, why might the Church have chosen this reading for today?)

Re-read it again, slowly. Savor the words and let them enter your mind and heart.



“Meditatio”-Meditate

Think about the reading-

How does it fit into your life at this time?
What lesson is Jesus trying to teach?

What does the reading mean today-in this time and in the place (general)?

Imagine yourself present in the scene/story. What do you see? How do you feel? Where do you fit in (or not) with the crowd?

You may want to journal your thoughts.



“Contemplatio”-Contemplate

Ponder upon the experience you have just had. Let your heart be present in God.

Give Thanks! (We can never do enough!)

You may want to journal what insights you had. What is God trying to reveal to you? Allow it to enter your heart and soul.



“Oratio”-Pray

Enter fully into the text in prayer. Speak with God.

Ask Him to enlighten you, reveal Himself and help you find deeper meaning for your life.

Thank God for His presence. His Word. Sit in his presence. Dialogue, have times for silence. Listen.