

ARRR!

Remember, no matter what form or format of prayer you use, prayer is a relationship with the Father, Son and Holy Spirit. A particular form of prayer (lectio, the Rosary, simple conversation, Eucharistic Adoration etc.) is meant to engage your heart. Lift up your hearts to the Lord. Honesty and Consistency in **Acknowledging** the thoughts, feelings and desires in your heart, **Relating** them to the Father, Son and Holy Spirit, **Receiving** from God light, love, understanding, and **Responding** to the personal experience of His love will be the hallmarks of a real and growing intimacy in prayer. Below is an outline of Lectio Divina that readily engage our hearts and invite us into ARRR'ing.

Preparation Pointers for Praying with Scripture

Place Find a quiet time and place. It helps when you can find a consistent time and place.

Posture Be relaxed and comfortable, but not in a posture conducive to sleep.

Passage Choose a passage from Scripture before you begin.

Prayer Begin with a prayer to the Holy Spirit, asking Him to lead your prayer.

**VISIT sfcatholic.org/adultformation/resources for Father Nigro's Article:
Prayer- A Personal Response to God's Presence**

Simple Steps for Lectio Divina

Let these four steps weave in and out of your time of reading. They may not follow in direct sequence. The Holy Spirit is the teacher of your prayer.

Lectio **Read** a passage slowly. Pause when you feel your attention drawn to a word, phrase or thought.

Meditatio **Ponder** this passage and what it means for you. Use your imagination and engage your spiritual senses! Pay attention to, acknowledge, the thoughts, feelings, desires that accompany the detail that has arrested your attention. What truth that strikes you from the passage/ what jumps out at you. How does that truth impact your life? What does it say to you? Notice any images that come to mind, or any memories that are stirred. Pay attention to what arrests your attention.

(Acknowledge)

Oratio **Prayer.** Talk with God about the passage and your reflection. What thoughts, feelings and desires stir in your heart as you focus on what has arrested your attention? Share these thoughts feelings and desires with Jesus, with the Father.. What do you want to say to God? Do questions arise in your heart? Ask them of God. What are you drawn to? What bothers you? Tell God all about it. Use direct address, be honest, don't filter.

(Relate)

Contemplatio When moved by God, rest in the quiet presence of God; surrender to grace. Where does your heart rest? If you experience His Love, if there is a movement of peace, or joy or gratitude let yourself rest there. Is there clarity, wonder or amazement? Let it soak in.. Be still, be quiet, savor God with you in His Word. Make clear that this moment (contemplatio) is a gift to be received.. When ready, return to your reading.

(Receive)

Steps of WRAP

Begin with a prayer to the Holy Spirit that God's Holy Word may come alive for you and speak to your heart.

1. **W** stands for **Write**: As you read and re-read the passage, **write down** the verse or verses from the passage that grab your attention, inspire you, bother you, or speak to your heart. (Lectio)
2. **R** stands for **Reflect**: What truth is God showing you in the verse or word that you have written down? What is the principle or idea being communicated? What is God saying to you through this word? It can also be helpful to imagine the scene, reflecting on what feelings or desires are evoked. How am I moved by what is said/ done / what I notice? (Meditatio)
3. **A** stands for **Apply**: respond to this word in a concrete and specific way. Let the Lord inspire you to see how this word speaks into your life and circumstances in a way that makes a difference. How can you apply this message beginning today? (More Meditatio)
4. **P** stands for **Pray, Praise and Pause**: **Write** a *prayer* to God, telling him of what you have experienced in this time with His Word- your thoughts, your feelings, your desires, your questions, any memories that were stirred up. Pray the verses back to God in your own words. Try to pray from your heart about what the verses opened in your mind, your emotions, and your life. Write words of *praise* and *thanks* to God for his goodness, love and beauty and the particular light and blessings you have received in this time. (Oratio) When you are done writing, pause, and rest in His presence, let Him love you, receive grace and strength. (Contemplatio)

***** Key truth: *The gratitude in the prayer is important! It will focus your heart on the lived experience of God, and facilitates a fruitful resting as you pause.* *****

This method of learning Lectio Divina helps the person be focused and concrete during prayer, while at the same time inviting the dynamics of acknowledging their thoughts, feelings and desires, relating them honestly to God, receiving the felt experience of God's presence, power and love and responding in a concrete way sustained by the grace received. These are key habits to grow in real intimacy with the Father, Son and Holy Spirit.

For a full presentation of this way of learning Lectio Divina, see Karen and Larry Dwyer: "WRAP Yourself in Scripture," from IPF Publications, available online and at the conference book store.

Steps of the Explosive Gospel

Choose a Gospel passage in advance. You are going to read and reflect on it 3 times, reflecting on 3 different questions

1st time: How is God showing/ revealing/ communicating his love for me in this passage?

2nd time: How is God challenging me/ calling for change or conversion in my life in this passage?

3rd time: What response do I want to make to God? What will I choose to do in response/ what action will I take in response to this passage? What does this passage inspire me to resolve to do?

30- Days of Passage and Grace Suggestions
for WRAP and the Explosive Gospel

Grace: “That I may have a whole new lived experience of you infinite and personal love for me, Lord.”

1. Annunciation: Luke 1:26-38
2. Visitation: Luke 1:39-56
3. Nativity: Luke 2:1-20
4. Baptism: Mark 1:1-11
5. Good Shepherd John 10:1-18
6. Washing of the Feet John 13:1-15
7. Vine and the Branches John 15:1-13
8. Jesus’ Prayer John 17:20-26

Grace: That I may be amazed and overwhelmed with joy and gratitude because of your healing and merciful love for me, Jesus.

9. Temptation of Jesus: Matthew 4:1-11
10. Daughter of Jairus, Woman with a hemorrhage: Mark 5:21-43
11. Healing of the Paralytic: Mark 2:1-12
12. Woman at the well: John 4:1-26
13. Prodigal Son: Luke 15:11-32
14. Call of Simon: Luke 5:1-11
15. Parable of Forgiveness: Matthew 18:21-35

Grace: Jesus, that I can come to know you more intimately, you who became man for me, that I may love you more and follow you more closely.

16. Fulfilled in your hearing: Luke 4:14-22
17. Walking on the water: Matthew 14:22-33
18. Have no anxiety: Matthew 6:25-32
19. Beatitudes: Matthew 5:1-12
20. Our Father: Luke 11:1-13
21. Rich young man: Matthew 19:16-30
22. Bread from heaven: John 6:32-59
23. Transfiguration: Luke 9:28-36
24. The sinful woman: Luke 7:36-50
25. The agony in the Garden: Matthew 26:36-56
26. The Crucifixion: Luke 23:33-43.

Grace: Jesus, that I may be glad and rejoice intensely because of the glory of your resurrection

27. Road to Emmaus: Luke 24: 13-33
28. Mary Magdalene: John 20:11-18
29. The seven Disciples: John 21:1-19
30. Thomas: John 20:19-31