



## Praying “Lectio Divina”

### Engaged Catholic Prayer

Below you’ll find our new form of prayer on which to build up to 20 minutes of prayer as a household this month. The prayer for April is *Lectio Divina*, a Latin term, meaning "divine reading", a way of encountering God through Scripture. We gradually let go of our own agenda and open ourselves to what God wants to say to us.

A good way to begin is by using one of the daily Scripture readings, which are listed in our St. Raphael bulletin or can be found at [usccb.org](http://usccb.org)

➤ The following are the steps that are your prayer of Lectio Divina:

1. **Read (Lectio) the Scripture 3 times**, *slowly and reflectively* so that it sinks into you. Savor each portion of the reading, constantly listening for the “still, small voice” of a word or phrase that somehow says, “I am speaking to you today.”
2. **What is the Word of God saying to me in my life?** (Meditatio) –Be still & listen to what the Lord is saying to me in the context of my life. We make the Word of God our own by confronting it with ourselves
3. **What is my response to God in response to what He is saying to me in this Scripture?** (Oratio “speak”)Let your heart speak to God, in light of what He is saying to you in this passage and what is happening in your life.
4. **Rest in God’s Presence, in His embrace.** (Contemplatio) Sit in contentment with what God has said to you. Learn to use words when words are helpful, and to sit in silence when they no longer are necessary.

- It is **our hearts** that pray. *DO NOT analyze the scripture*, but allow the Lord to speak to you, personally, intimately. Scripture speaks of the soul, the heart. If our heart is far from God, our prayer is in vain. We must take what we read in the Word of God into our daily lives.
- It's important not to judge your prayer time as if you were seeking a goal: *lectio divina* has no goal other than that of being in the presence of God by praying the Scriptures

Lectio Divina fosters an intimate dialogue and is a way for us to hear what God has to say to us. In *lectio divina* God is teaching us to listen to Him, to seek Him in silence. He does not reach out and grab us; rather, He softly, gently invites us ever more deeply into His presence.

- Come and learn to pray the Scriptures on **Monday, April 11 at 1 pm or 6pm**
- **Further resources:**

[wau.org/archives/article/read\\_think\\_pray\\_act](http://wau.org/archives/article/read_think_pray_act)

[ignatianspirituality.com/ignatian-prayer/the-what-how-why-of-prayer/praying-with-scripture](http://ignatianspirituality.com/ignatian-prayer/the-what-how-why-of-prayer/praying-with-scripture)

[youtube.com/watch?v=i27FqIyk2qY](https://youtube.com/watch?v=i27FqIyk2qY)

Enjoy the goodness of the Lord speaking to you in His Word!

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