



WEEK THREE:

LECTIO DIVINA



Lectio Divina

SESSION OUTLINE

“I would like in particular to recall and recommend the ancient tradition of *lectio divina*: the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart. If it is effectively promoted, this practice will bring to the Church—I am convinced of it—a new spiritual springtime.” —Pope Benedict XVI¹

Lectio Divina

Lectio divina (sometimes known simply as “*lectio*”) is Latin for “divine reading.”

Step One: *Lectio*

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

Step Two: *Meditatio*

- Think about the significant text ... what is God saying to you?
- What are the implications of the text in your life?
- “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.”
—CCC 2706

Step Three: *Oratio*

- Talk to God ... talk with God ... about everything.
- “What is contemplative prayer? St. Teresa answers: ‘Contemplative prayer [*oracion mental*] in my opinion is nothing else than a close sharing between friends. ... In this inner prayer we can still meditate, but our attention is fixed on the Lord himself.” –CCC 2709²

Step Four: *Contemplatio*

- Rest in God’s presence.
- “Contemplative prayer is also the pre-eminently intense time of prayer. In it the Father strengthens our inner being with power through his Spirit ‘that Christ may dwell in [our] hearts through faith’ and we may be ‘grounded in love.’” –CCC 2714³
- “Where does prayer come from? Whether prayer is expressed in words or gestures, it is the whole man who prays. But in naming the source of prayer, Scripture speaks sometimes of the soul or the spirit, but most often of the heart (more than a thousand times). According to Scripture, it is the *heart* that prays. If our heart is far from God, the words of prayer are in vain.” –CCC 2562

DISCUSSION

QUESTION # 1

Was there anything in the teaching this week that surprised you or caused you to rethink your desire to pray with the Scriptures?

QUESTION # 2

Describe your experience of prayer this past week.
Do you feel as if things are getting “easier” as you pray?

QUESTION # 3

Of the four steps of *lectio divina*, which do you think would be the easiest for you to enter into?
Which do you think would be the most difficult?

QUESTION # 4

How do you feel *lectio divina* can help you as you pray?

QUESTION # 5

Have you made any strides in working through some of your challenges these past few weeks?
What challenges still exist?

DAY 1

WEEK # 3

FOR YOUR PRAYER

LUKE 12:22-32

Practice the art of *lectio divina*.

JOURNAL

The "strongest" thought or feeling during my prayer was ...

My heart "rested" when ...

I sense the Lord was telling me ...

I ended the prayer wanting ...

DAY 2

WEEK # 3

FOR YOUR PRAYER

PSALM 27

Practice the art of *lectio divina*.

JOURNAL

The “strongest” thought or feeling during my prayer was ...

My heart “rested” when ...

I sense the Lord was telling me ...

I ended the prayer wanting ...

DAY 3

WEEK # 3

FOR YOUR PRAYER

PSALM 23

Practice the art of *lectio divina*.

JOURNAL

The "strongest" thought or feeling during my prayer was ...

My heart "rested" when ...

I sense the Lord was telling me ...

I ended the prayer wanting ...

DAY 4

WEEK # 3

FOR YOUR PRAYER

JOHN 4:7-19

Practice the art of *lectio divina*.

JOURNAL

The "strongest" thought or feeling during my prayer was ...

My heart "rested" when ...

I sense the Lord was telling me ...

I ended the prayer wanting ...

DAY 5

WEEK # 3

FOR YOUR PRAYER

WISDOM 11:21-26

Practice the art of *lectio divina*.

JOURNAL

The "strongest" thought or feeling during my prayer was ...

My heart "rested" when ...

I sense the Lord was telling me ...

I ended the prayer wanting ...

DAY 6

WEEK # 3

FOR YOUR PRAYER

DEUTERONOMY 7:6-8

Practice the art of *lectio divina*.

JOURNAL

The "strongest" thought or feeling during my prayer was ...

My heart "rested" when ...

I sense the Lord was telling me ...

I ended the prayer wanting ...

DAY 7

WEEK # 3

F O R Y O U R P R A Y E R

Return to the Scripture passage that spoke to you the most this week.

Practice the art of *lectio divina*.

J O U R N A L

The “strongest” thought or feeling during my prayer was ...

My heart “rested” when ...

I sense the Lord was telling me ...

I ended the prayer wanting ...
