

## Handout 1

# ***Lectio Divina* —A Way to Personal Prayer**

### Get Ready

- Choose a Scripture or use one of the readings or Gospel from the coming Sunday's liturgy.
- Find a place and a quiet time to pray with the Scripture.
- Open the word — find your selected Scripture in your Bible.
- Quiet your heart — breathe deeply and ask God to help you pray this Scripture.

### Step 1. Read (listening with the head)

Read the Scripture and reflect on these questions.

What does the Scripture text say? What word, phrase, or sentence speaks to me? What connects to my life?

### Step 2. Meditate (listening with the mind and heart)

Read the Scripture again and reflect on these questions:

What does this text say to me? What does God ask of me in this text?

### Step 3. Pray (listening with the heart's deepest feeling)

What does the text mean to me? What do I need to do because of God's call?

What prayer does this call me to? Do I need to give thanks? Do I need to ask forgiveness? How do I need to change? Are there things I need to stop doing? Are there things I need to begin doing? Do I need to ask for God's blessings and strength? Conclude this step by praying for courage to act on God's word.

### Step 4. Contemplate (listening with the eyes, hands and feet...all my being)

Read the Scripture again and rest in God's word — sit quietly and think about and feel this reading. Reflect prayerfully on these questions: What do I commit to because of God's word today? What do I need to do? Continue your prayer and give thanks to God for his loving word. Consider closing your prayer with this prayer written by a youth:

Dear God, help me to keep my dreams alive, my ideas burning bright. Help me not to give up, no matter how crushed. Help me to have faith in others and faith in you. Help me to work with others to accomplish my dreams, to make their dreams my dreams. Nothing is impossible, as long as I have faith and hope in God and my friends.  
Amen.

(Sarah Neppi, Fort Dodge, Iowa in *Dreams Alive Prayers by Teenagers*, Winona MN: Saint Mary's Press, 1991, p. 46.)

### Some Suggested Readings

- Listening to God's call to justice: James 2:1-13
- Listening to God's call to trust: Mathew 6:25-34
- Listening to God's call to joy: Philippians 4:4-9
- Listening to God's call to pray: 1 Samuel 3:1-11
- Listening to God's call to holiness: 1 Timothy 4:11-16
- Listening to God's call to grow: Ephesians 3:15-21
- Listening to God's call to peace and sharing: Micah 4:1-5
- Listening to God's call to forgiveness and compassion: John 8:2-11
- Listening to God's call to know us completely: Psalm 139