

My Lectio Divina

Bible Journal



A Catholic Guide
to *Lectio Divina*
Advent 2018

Table of Contents

What is Lectio Divina	4
Daily Lectio	5
How to Use Your Journal	6
Notes and References	7
Lectio Divina for Advent	8~32
Blank Lectio Divina Page	33

*“Prayer does not change
God, but it changes the
person who prays”*

Søren Kierkegaard

Though Lectio means “to read” the practice of Lectio Divina is much more than reading.

What is Lectio Divina

Traditionally, *Lectio Divina* is a method of praying the Scriptures, the Word of God. Though “lectio” means “to read,” the practice of *Lectio Divina* (*Lectio* for short) is much more than reading. The Church has been praying the Scriptures in this form from the beginning before literacy was widespread.

Lectio is about active listening which engenders both our response and hopefully, a lasting peace. Let’s break that down into the 4 phases or movements of *Lectio Divina*:

- ◇ Lectio—Reading
 - ◇ This is where we first encounter our Scripture verse or passage. We are encouraged to read the passage aloud more than once, engaging our senses of sight, speech and hearing.
- ◇ Meditatio—Meditation
 - ◇ After spending time with our Scripture, we choose a word or short phrase that is standing out to us. Perhaps it triggered a memory, a worry, or a joy. Maybe it caused us to consider the passage in a new light or highlights behaviors we need to improve upon.
- ◇ Oratio—Prayer
 - ◇ How is this word or phrase speaking to us? What is God calling us to do with the newfound knowledge or awareness.
- ◇ Contemplatio—Contemplation
 - ◇ Here we rest in God. We silence ourselves and sit in stillness as we adore our Creator, the Author of Life.

Daily Lectio

Lectio on your own

This is a guide for praying *Lectio Divina* on your own. The times are approximated for reference however each person is going to spend more or less time in each phase as moved by the Spirit. The Scripture references used in this journal are from *The New American Bible, revised edition* found at uscbb.org/bible.

- ◇ Quiet yourself. Find a place that is peaceful and comfortable.
- ◇ **Lectio:** Read your chosen passage or verse aloud. Read clearly, with intention and without rushing. Try not to think about placing special emphasis on any one word or phrase (as you would if reading to a group). Rather, let the words flow and feel their movement resonate around you. (approx. 5-10 minutes)
 - ◇ Ideally, read your passage or verse aloud 2-3 times.
- ◇ **Meditatio:** What word or phrase stood out to you after the first read through? What about in the subsequent readings? Was the same word illuminated or was your attention drawn elsewhere? (approx. 5 minutes)
 - ◇ Write your word or phrase down in your journal.
- ◇ **Oratio:** Using the space provided in your journal, pray and reflect on what your revealed word or phrase means to you. What is God trying to say to you, show you, teach you, in this word. If you wish, you may compose a prayer which you may write in your journal. (10 minutes).
- ◇ **Contemplatio:** Sit in stillness and peace, resting in the presence of our loving God. Here is where we silence our own words and reactions to the text. We allow silence to fill our mind and soul so that we might better hear the whisperings of God in our spirit. Be gentle with yourself. If you find your mind wanders, acknowledge the distraction and try to let it pass away while you turn your attention back to your contemplation. (at least 5 minutes).
- ◇

How to Use Your Journal

A General Guide

Keep track of when you experienced this Scripture and what was happening in your life that influenced your insights and journaling

My Lectio

The First Sunday of Advent - December 3, 2017

What's on your mind?

Scripture Focus

Yet, Lord, you are our Father; we are the clay and you the potter; we are all the work of your hand. (Is 64:7)

Word

Your word or phrase

Dearest Father,

Bringing the Word to Life

Your prayer, reflections, petitions or praises

Copy your chosen verses here or simply record the citation

How can you carry your Word forward?

Notes and References

The Scriptures chosen for each day are taken from the daily liturgical readings.

December 24 has two Lectio Journal pages due to the fact that the readings for the Mass of the day are different than the readings at the Vigil/Christmas Eve Mass.

All Scripture references can be found at <http://uscgb.org/bible>. Used with permission per: <http://uscgb.org/bible/permissions/index.cfm>.

This is a free resources to help Catholic Christians grow in their faith and devotion during the Advent Season and as a means for conscious, active preparation for the coming of Christ at Christmas. You are free to print this resource for your own use and for the use of others. However, you may not sell this resource in either its digital or printed form.

My Lectio

The First Sunday of Advent - December 2, 2018



What's on your mind?

Scripture Focus

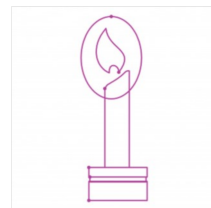
The days are coming, says the LORD, when I will fulfill the promise I made to the house of Israel and Judah. (Jer 33:14)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Monday - December 3, 2018



What's on your mind?

Scripture Focus

"Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed. (M 8:8)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Tuesday - December 4, 2018



What's on your mind?

Scripture Focus

Jesus rejoiced in the Holy Spirit and said, "I give you praise, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike. (Lk 10:21)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Wednesday - December 5, 2018

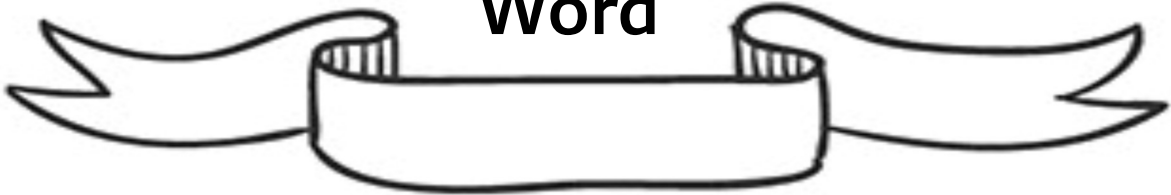


What's on your mind?

Scripture Focus

"My heart is moved with pity for the crowd, for they have been with me now for three days and have nothing to eat. I do not want to send them away hungry, for fear they may collapse on the way." (Mt 15:32)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Thursday - December 6, 2018



What's on your mind?

Scripture Focus

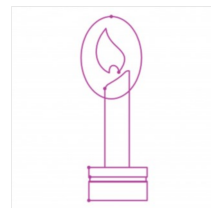
"Everyone who listens to these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and buffeted the house. But it did not collapse; it had been set solidly on rock. (Mt 7:24-25)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Friday - December 7, 2018



What's on your mind?

Scripture Focus

On that day the deaf shall hear the words of a book; And out of gloom and darkness, the eyes of the blind shall see. The lowly will ever find joy in the LORD, and the poor rejoice in the Holy One of Israel. (Is 29:18-19)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Solemnity of the Immaculate Conception - December 8, 2018

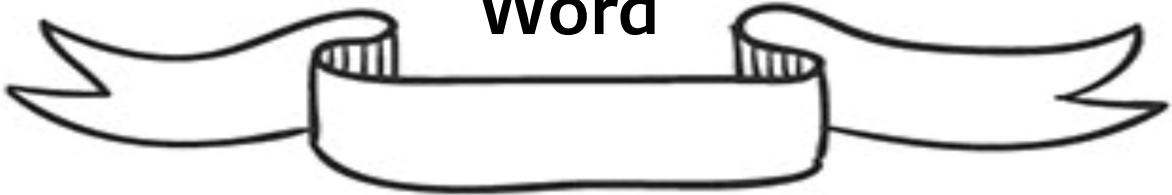


What's on your mind?

Scripture Focus

Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." (Lk 1:38)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

The Second Sunday of Advent ~ December 9, 2018



What's on your mind?

Scripture Focus

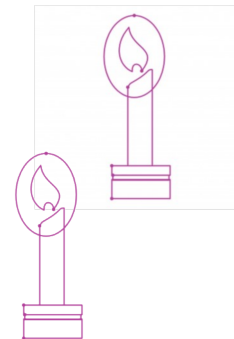
“Prepare the way of the Lord, make straight his paths. Every valley shall be filled and every mountain and hill shall be made low. The winding roads shall be made straight, and the rough ways made smooth, and all flesh shall see the salvation of God.” (Lk 3:4—6)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Monday - December 10, 2018

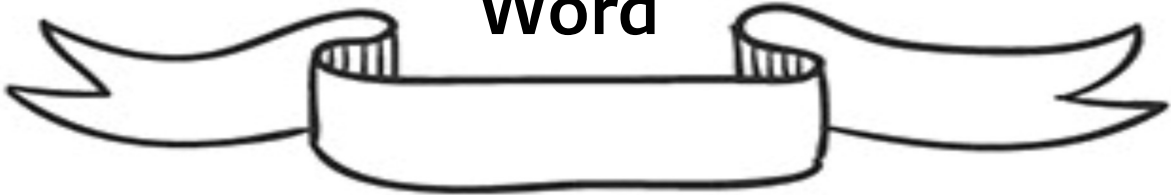


What's on your mind?

Scripture Focus

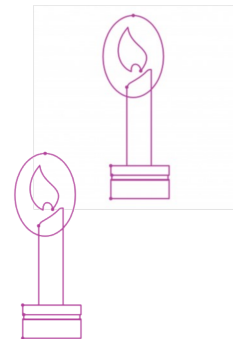
And some men brought on a stretcher a man who was paralyzed; they were trying to bring him in and set him in his presence. But not finding a way to bring him in because of the crowd, they went up on the roof and lowered him on the stretcher through the tiles into the middle in front of Jesus. (Luke 5:18-19)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Tuesday - December 11, 2018



What's on your mind?

Scripture Focus

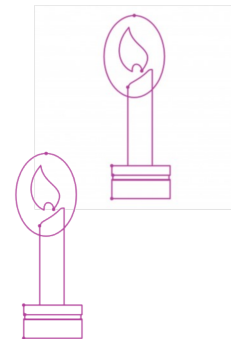
In just the same way, it is not the will of your heavenly Father that one of these little ones be lost." (Mt 18:14)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Feast of our Lady of Guadalupe - December 18, 2018

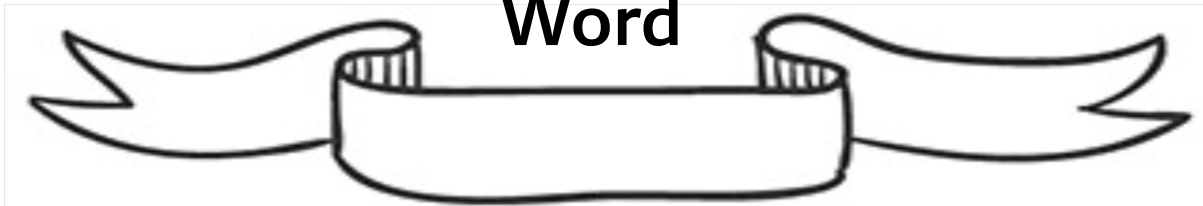
What's on your mind?



Scripture Focus

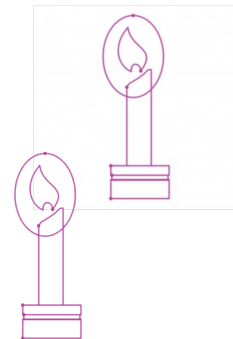
Your deed of hope will never be forgotten by those who tell of the might of God.
(Judith 13:19)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Memorial of St. Lucy - December 13, 2018



What's on your mind?

Scripture Focus

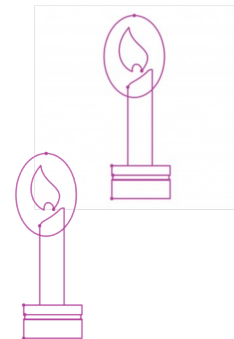
The afflicted and the needy seek water in vain, their tongues are parched with thirst. I, the LORD, will answer them; I, the God of Israel, will not forsake them. (Is 41:17)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Memorial of St. John of the Cross - December 14, 2018

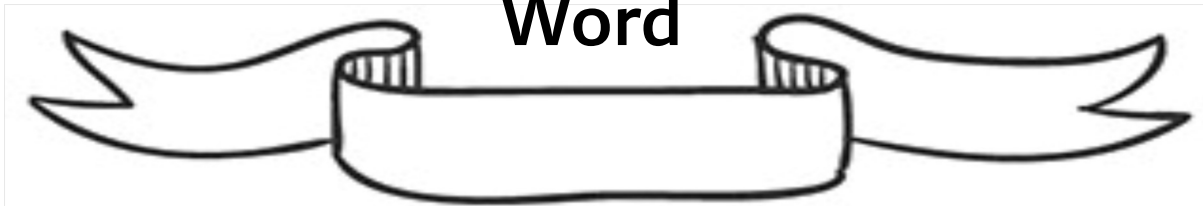


What's on your mind?

Scripture Focus

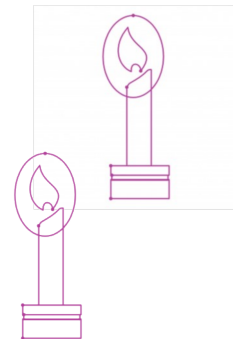
Thus says the LORD, your redeemer, the Holy One of Israel: I, the LORD, your God, teach you what is for your good, and lead you on the way you should go. (Is 48:17)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Saturday - December 15, 2018



What's on your mind?

Scripture Focus

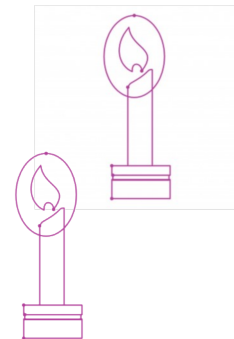
Once again, O LORD of hosts, look down from heaven, and see; Take care of this vine, and protect what your right hand has planted the son of man whom you yourself made strong. (Psalms 80:15-16)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

The Third Sunday of Advent - December 16, 2018

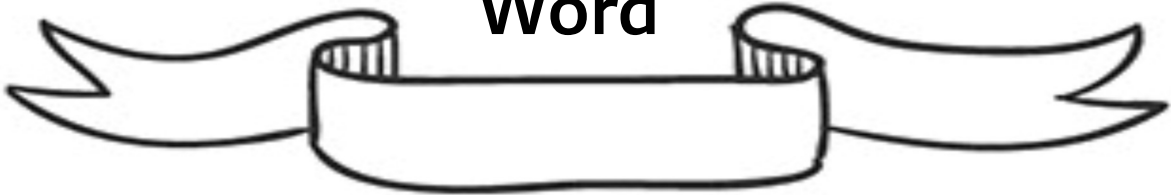


What's on your mind?

Scripture Focus

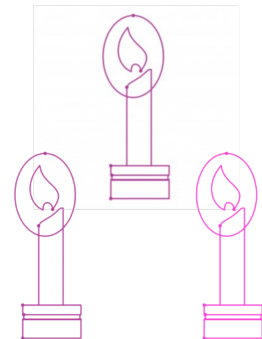
The crowds asked John the Baptist, "What should we do?" He said to them in reply, "Whoever has two cloaks should share with the person who has none. And whoever has food should do likewise." (Lk 3:10-11)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Monday - December 17, 2018



What's on your mind?

Scripture Focus

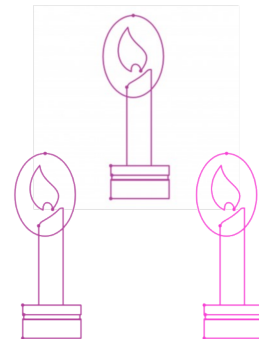
May his name be blessed forever; as long as the sun his name shall remain. In him shall all the tribes of the earth be blessed; all the nations shall proclaim his happiness. (Psalm 72:17)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Tuesday - December 18, 2018

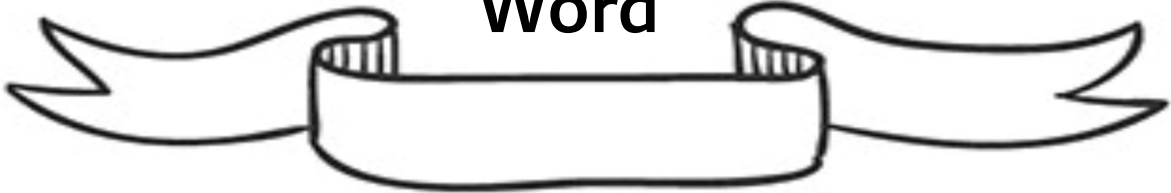


What's on your mind?

Scripture Focus

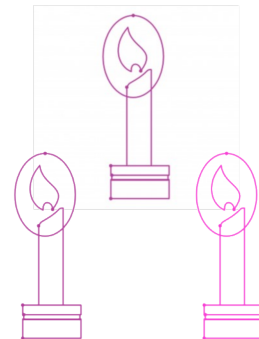
Behold, the angel of the Lord appeared to him in a dream and said, "Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the Holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins." (Mt 1:20-21)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Wednesday - December 19, 2018

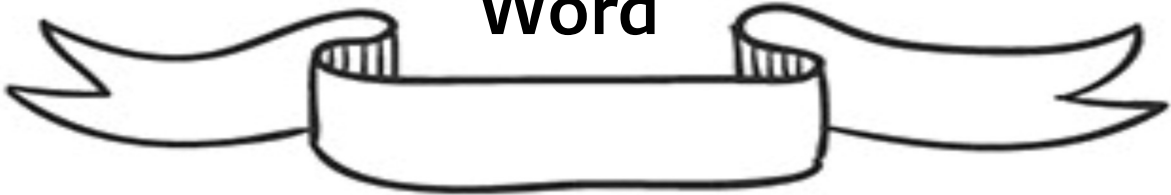


What's on your mind?

Scripture Focus

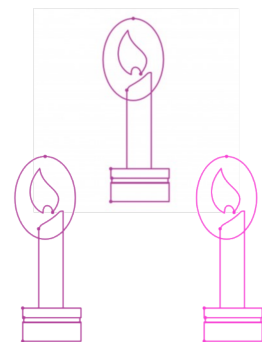
He will go before him in the spirit and power of Elijah to turn the hearts of fathers toward children and the disobedient to the understanding of the righteous, to prepare a people fit for the Lord." (Lk 1:17)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Thursday - December 20, 2018

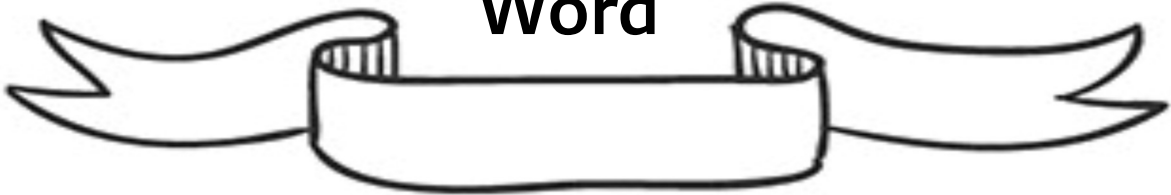
What's on your mind?



Scripture Focus

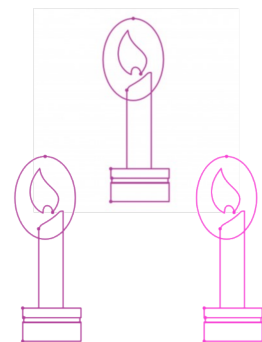
For nothing will be impossible for God. (Lk 1:37)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Friday - December 21, 2018



What's on your mind?

Scripture Focus

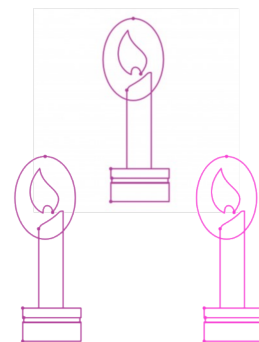
Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." (Lk 1:45)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Saturday - December 22, 2018



What's on your mind?

Scripture Focus

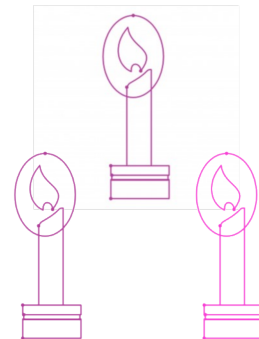
My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior. for he has looked upon his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name. (Lk 1:46-48)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

The Fourth Sunday of Advent - December 23, 2018

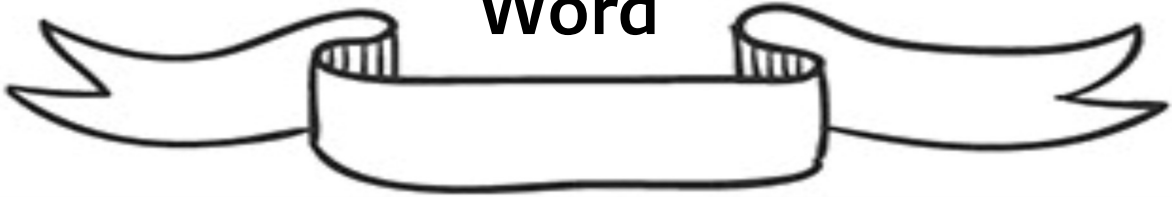


What's on your mind?

Scripture Focus

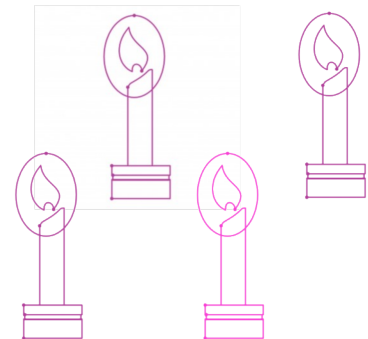
He shall stand firm and shepherd his flock by the strength of the LORD, in the majestic name of the LORD, his God; and they shall remain, for now his greatness shall reach to the ends of the earth; he shall be peace. (Micah 5:3-4A)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Monday Morning Mass - December 24, 2018



What's on your mind?

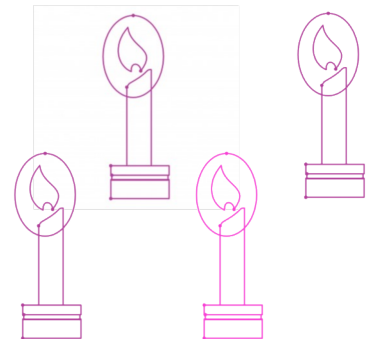
Scripture Focus

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace." (Lk 1:78-79)

Word

Dearest Father,

Bringing the Word to Life



My Lectio

Christmas Eve ~ December 24, 2018



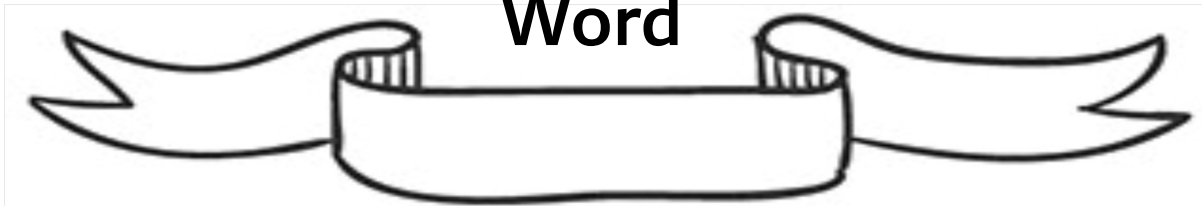
What's on your mind?

Scripture Focus

He shall say of me, "You are my father, my God, the rock, my savior." Forever I will maintain my kindness toward him, and my covenant with him stands firm.

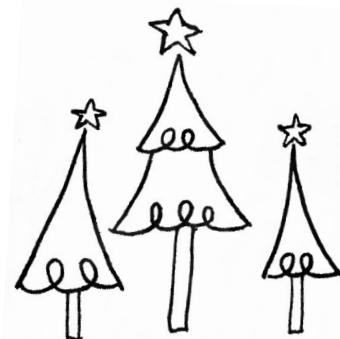
(Psalm 89: 27, 29)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Christmas Day - December 25, 2018

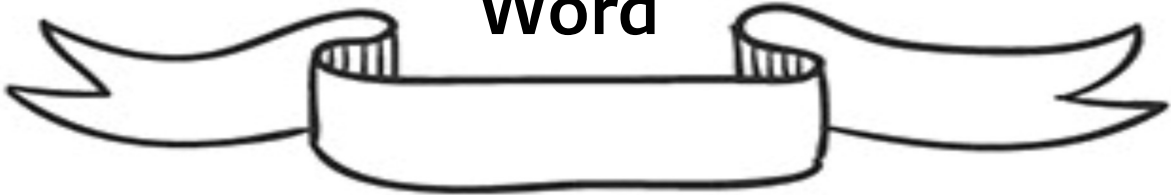


What's on your mind?

Scripture Focus

And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son, full of grace and truth. (Jn 1:14)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

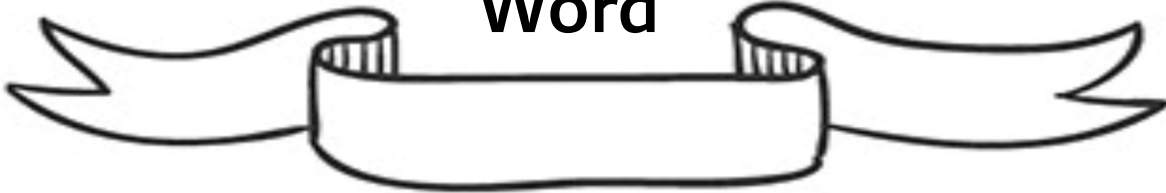
Date



What's on your mind?

Scripture Focus: _____

Word



Dearest Father,

Bringing the Word to Life



If you enjoyed this journal, I would love to hear to hear from you. If you have suggestions for Lent or next Advent, I would love to hear those as well. You can find me at dailygraces.net, on Facebook at Daily Graces, Twitter @KateTaliaferro and on Instagram at Kate Taliaferro.

May your hearts and homes be blessed this Advent Season, and may our Lord, Jesus Christ, come to reign in both.