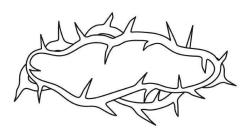
Lectio Divina

Praying Throughout Lent 2020



Kate Taliaferro

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All Scripture references may be found at usccb.org/bible

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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, especially 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 usccb.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).

- Comtemplatio: 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).

Please Note:

If you chose to select your own Scripture passages to use for your lectio, there is a blank journal page at the end of this journal. Simply choose to print as many copie of that page as you require (remember, the 40 days of Lent do not include Sundays. This year there are 47 days in Lent which includes the Triduum and Easter Sunday).

There is also a lined page for homily notes if you wish to bring your journal to Mass with you. Simply print this page as many times as you would like and insert it whenever you attend.



How to Use Your Journal

Where am I today?

Take a few moments to write about your day. Use this as a space to clear your head, let go of any worries or cares of the day before approaching the Word.

God's Whispers

This is where you can record the word or phrase you feel the Spirit is drawing you toward.

Dearest Father,

If you wish, you can complete the prayer as part of your meditation after spending time with your word or phrase. Tell God what you reflected on, how it made you feel, how you understand where He is calling you. Are you excited, nervous, confused or still discerning? Share your heart with you Father.

Steps along the journey...

This is free space to use however your imagination, inclination, and the Spirit move you. You can use it to continue your prayer or make a mind-map for how to apply your new wisdom and understanding in the coming days. Perhaps you like to doodle to stay focused or enjoy drawing as a way to express your thoughts and emotions. You might make a commitment to yourself and to God to implement a new habit or to let go of an old one. Let this space continue the conversation between yourself and God as you transition into quiet contemplation.

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Where am I today?	Frida February 28, 202
Have mercy on me, 0 God, in your g in the greatness of your compassion wipe Thoroughly wash me from my and of my sin cleanse me.	out my offense.
Psalm 51:3-4	
God's Whispers	
Dearest Father,	
Steps along the journey	

Saturday February 29, 2020

Where am I today?

Then the LORD will guide you always and satisfy your thirst in parched places, will give strength to your bones
And you shall be like a watered garden, like a flowing spring whose waters never fail.

Isaiah 53:11

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Where am I today?	The First Sunday of Lent March 1, 2020
Where am I today?	
He said in reply, "It is written: 'Or alone, but by every word that come God.	
Matthew 4:4	•
God's Whispe	ers
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Where am I today?	Thursday March 5, 2020
"Do to others whatever you would have the This is the law and the prophe	hem do to you. ts."
Matthew 11:12	
God's Whispers	
Dearest Father,	
Steps along the journey	

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But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found. Luke 15:32 God's Whispers Dearest Father, Steps along the journey	Where	e an	ı I t	oda	ay?									M	arc	Sa h 12	day 020
dead and has come to life again; he was lost and has been found. Luke 15:32 God's Whispers Dearest Father,																	
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"Everyone who drinks this water will be thirsty again; but whoeve drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." John 4:13-14	Third Sunday of Lent March 15, 2020 ay?
drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." John 4:13-14	
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	Wednesday March 18, 2020
Where am I today?	
However, take care and be earnestly on your othings which your own eyes have seen, nor le memory as long as you live, but teach them to your children's children	et them slip from your o your children and to
Deuteronomy 4:9	
God's Whispers	
Dearest Father,	
Steps along the journey	

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Where am I today?	esday 2020
The LORD of hosts is with us; our stronghold is the God of Jaco Come! behold the deeds of the LORD, the astounding things h has wrought on earth.	
Psalm 46:8-9	
God's Whispers	
Dearest Father,	
Steps along the journey	

Solemnity of the Annunciation of the Lord

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							G	lod	's W	/his	pei	rs							
Dea	ares	st F	ath	er,															
Ste	ps a	alor	ng t	he	jou	rne	:у												
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O LORD, my God, in you I take refuge; save me from all my pursuers and rescue me, Lest I become like the lion's prey, to be torn to pieces, with no one to rescue me. Psalm 34:19-20 God's Whispers Dearest Father,
save me from all my pursuers and rescue me, Lest I become like the lion's prey, to be torn to pieces, with no one to rescue me. Psalm 34:19-20 God's Whispers
God's Whispers
Dearest Father,
Dearest Father,
Steps along the journey

Fifth Sunday in Lent March 29, 2020

Where am I today?

Therefore, prophesy and say to them: Thus says the Lord GOD: Look! I am going to open your graves; I will make you come up out of your graves, my people, and bring you back to the land of Israel. You shall know that I am the LORD, when I open your graves and make you come up out of them, my people.

Psalm 34:19-20

							G	od'	's W	/his	spei	rs_								
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								Ps	salm	23:1	-3								
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Wh	ere	am	ı I t	oda	ay?														day 020
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								Jo	hn 8	3:31-	32								
							G	od	's W	Vhis	spe	rs							
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																	Th	urs	day

Wh	ere	am	ı I t	oda	ay?											Ар	ril :	2, 2	020
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Wh	ere	an	ı I t	oda	ay?											Ар	ril z	4, 2	020
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								Ezel	kiel	37:2	7-2	8							
							G	od	's V	Vhis	spe	rs							
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Palm Sunday

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]	Phil	ippia	ns 2	2:7-	8							
						C	od	's W	/his	pei	rs							
Dear	est F	ath	er,															
Steps	s alo	ng t	he	iou	rne	•V												
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Monday of Holy Week

Wh	iere	an	ı I t	oda	ay?											Ар	ril 6	ó, 2	020
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	Т	'hoi	ıgh	wa	r be	e w	age	d u	pon	me	, ev	en i	her	ı w	ill I	tru.	st.	,	
								Ι	Psalr	n 27	:3								
							C	od	's W	/his	spe	rs							
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Ste	ps a	aloı	ng t	he	jou	rne	y	••											
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Tuesday of Holy Week

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								Jol	hn 1	3:37	-38								
							C	od	's V	Vhis	spe	rs							
Doc	aros	T F	ath	or															
Dea	ares	ы г	alII	ег,															
Ste	ps a	aloı	ng t	he	jou	rne		••											
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Wednesday of Holy Week

https://docs.google.com/document/d/1PEBioD-jJVNehQFX-z7Mpt8XWRH_G4boxc2Ky4aH4v0/edit

Wh	ere	an	ı I t	oda	ay?											Ap	ril 8	3, 2	020
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Holy Thursday, Evening Mass of the Lord's Supper

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								J	ohn	19:1	4								
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Ste	ps a	aloı	ng t	he	jou	rne		••											
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Holy Saturday Easter Vigil

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								Ror	nan	s 6:1	0-1	1							
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															Ε	East	ter S	Sun	ıday

April 12, 2020

Where am I today?

Christians, to the Paschal Victim Offer your thankful praises! A Lamb the sheep redeems; Christ, who only is sinless, Reconciles sinners to the Father. Death and life have contended in that combat stupendous: The Prince of life, who died, reigns immortal. Speak, Mary, declaring What you saw, wayfaring. "The tomb of Christ, who is living, The glory of Jesus' resurrection; bright angels attesting, The shroud and napkin resting. Yes, Christ my hope is arisen; to Galilee he goes before you." Christ indeed from death is risen, our new life obtaining. Have mercy, victor King, ever reigning! Amen. Alleluia.

Easter Sequence: Victimae Paschali Laudes

God's Whispers

Dearest Father,

Ste	ps	aloı	ng t	:he j	jou	rne	y	••											
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3. Where is this Lent guiding you as you step into the Easter

season?

Wh	ere	an	ı I t	oda	ay?						Dat	te:_					
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Homily N	Votes