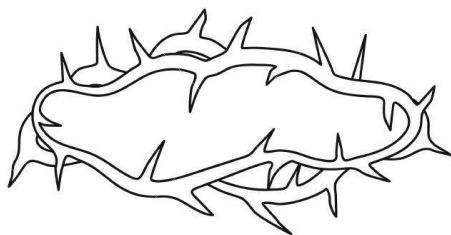


Lectio Divina

Praying Throughout Lent

2020



Kate Taliaferro

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All Scripture references may be found at [usccb.org/bible](https://www.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 uscmb.org/bible.

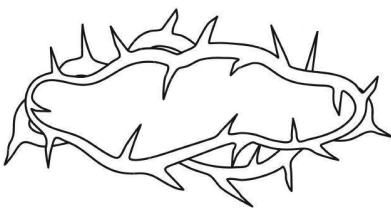
- Quiet yourself. Find a place that is peaceful and comfortable.
- Lectio: Read your chosen passage or verse aloud. Read clearly, with intention and without rushing. Try not to think about placing special emphasis on any one word or phrase (as you would if reading to a group). Rather, let the words flow 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.

Ash Wednesday
February 26, 2020

Where am I today?

So we are ambassadors for Christ, as if God were appealing through us. We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who did not know sin, so that we might become the righteousness of God in him.

2 Corinthians 5:20-21

God’s Whispers

Dearest Father,

Steps along the journey.....

Thursday
February 27, 2020

Where am I today?

Then he said to all, “If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me

Luke 9:23

God’s Whispers

Dearest Father,

Steps along the journey.....

Where am I today?

Psalm 51:3-4

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Where am I today?

God's Whispers

Steps along the journey....

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Where am I today?

Matthew 4:4

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Where am I today?

Matthew 25:40

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Where am I today?

Matthew 6:9-10

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Wednesday
March 4, 2020

Where am I today?

*When God saw by their actions how they turned from their evil way,
he repented of the evil that he had threatened to do to them;
he did not carry it out.*

Jonah 3:10

God’s Whispers

Dearest Father,

Steps along the journey.....

Thursday

March 5, 2020

Where am I today?

*“Do to others whatever you would have them do to you.
This is the law and the prophets.”*

Matthew 11:12

God’s Whispers

Dearest Father,

Steps along the journey.....

Friday

March 6, 2020

Where am I today?

If you, O LORD, mark iniquities, LORD, who can stand? But with you is forgiveness, that you may be revered.

Psalm 130:3-4

God’s Whispers

Dearest Father,

Steps along the journey.....

Where am I today?

Matthew 5:44-45a

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Second Sunday of Lent

March 8, 2020

Where am I today?

*Our soul waits for the LORD,
who is our help and our shield. May your kindness, O LORD, be upon
us who have put our hope in you.*

Psalm 33:20, 22

God’s Whispers

Dearest Father,

Steps along the journey.....

Monday
March 9, 2020

Where am I today?

*For the measure with which you measure
will in return be measured out to you.*

Luke 6:38

God’s Whispers

Dearest Father,

Steps along the journey.....

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Tuesday
March 10, 2020

Where am I today?

The greatest among you must be your servant.
Whoever exalts himself will be humbled; but whoever humbles himself will be exalted.

Matthew 23:11-12

God’s Whispers

Dearest Father,

Steps along the journey.....

Where am I today?

Psalm 31:5-6

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Where am I today?

Jeremiah 17:7-8

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Where am I today?

Matthew 21:42

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Where am I today?

John 4:13-14

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Where am I today?

Daniel 3:41-43

[illegible]

Where am I today?

Deuteronomy 4:9

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Solemnity of St. Joseph

March 19, 2020

Where am I today?

I will be a father to him, and he shall be a son to me. Your house and your kingdom shall endure forever before me; your throne shall stand firm forever.

2 Samuel 7:14, 16

God’s Whispers

Dearest Father,

Steps along the journey.....

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Where am I today?

Mark 12:29-30

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Where am I today?

Hosea 6:3

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Where am I today?

Ephesians 5:14

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Where am I today?

Psalm 46:8-9

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March 25, 2020

Where am I today?

Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.”

Luke 1:38

God's Whispers

Dearest Father,

Steps along the journey....

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Thursday

March 26, 2020

Where am I today?

*I will make your descendants as numerous as the stars in the sky;
and all this land that I promised,
I will give your descendants as their perpetual heritage.*

Luke 1:38

God’s Whispers

Dearest Father,

Steps along the journey.....

Thursday

March 26, 2020

Where am I today?

*I will make your descendants as numerous as the stars in the sky;
and all this land that I promised,
I will give your descendants as their perpetual heritage.*

Exodus 32:13

God’s Whispers

Dearest Father,

Steps along the journey.....

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Where am I today?

Psalm 34:19-20

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Where am I today?

Psalm 34:19-20

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Where am I today?

Psalm 34:19-20

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Where am I today?

Psalm 34:19-20

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Monday
March 30, 2020

Where am I today?

*The LORD is my shepherd; I shall not want.
In verdant pastures he gives me repose;
Beside restful waters he leads me; he refreshes my soul.
He guides me in right paths for his name's sake.*

Psalm 23:1-3

God's Whispers

Dearest Father,

Steps along the journey.....

Where am I today?

John 8:28-29

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Wednesday
April 1, 2020

Where am I today?

*“If you remain in my word, you will truly be my disciples,
and you will know the truth, and the truth will set you free.”*

John 8:31-32

God’s Whispers

Dearest Father,

Steps along the journey.....

Thursday

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45/58

April 3, 2020

Where am I today?

*Sing to the LORD, praise the LORD,
For he has rescued the life of the poor
from the power of the evildoers!*

Jeremiah 20:13

God’s Whispers

Dearest Father,

Steps along the journey.....

Saturday

April 4, 2020

Where am I today?

My dwelling shall be with them; I will be their God, and they will be my people. Then the nations shall know that I, the LORD, make Israel holy, by putting my sanctuary among them forever.

Ezekiel 37:27-28

God’s Whispers

Dearest Father,

Steps along the journey.....

Palm Sunday

God's Whispers

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48/58

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49/58

April 7, 2020

Where am I today?

Peter said to him, “Master, why can’t I follow you now? I will lay down my life for you.” Jesus answered, “Will you lay down your life for me? Amen, amen, I say to you, the cock will not crow before you deny me three times.

John 13:37-38

God's Whispers

Dearest Father,

Steps along the journey....

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Wednesday of Holy Week

Where am I today?

Isaiah 50:7

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51/58

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52/58

April 10, 2020

Where am I today?

Behold, your king!

John 19:14

God's Whispers

Dearest Father,

Steps along the journey.....

Holy Saturday Easter Vigil

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54/58

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,

Steps along the journey.....

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Take some time today to reflect on your Lenten journey:

1. What were your intentional practices for Lent this year?
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 -
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2. How did you grow in your spiritual journey?
3. Where is this Lent guiding you as you step into the Easter season?

Where am I today?

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.