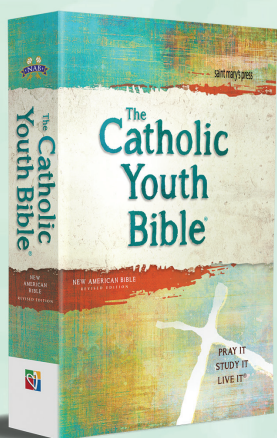


HOW TO PRAY USING LECTIO DIVINA

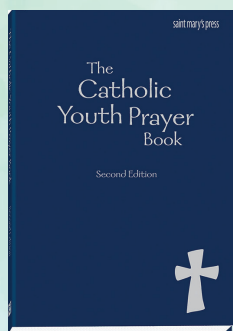
These steps are a guide to praying with the Bible using Lectio Divina. You can use this method with any passage of Scripture. For example, you can use Lectio Divina with the next Sunday's Gospel reading.

Print copies for young people:
smp.org/hs2020



THE CATHOLIC YOUTH BIBLE®

See page 19 for options



THE CATHOLIC YOUTH PRAYER BOOK

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Step 1: *Lectio*

Read the Scripture passage. Try reading it aloud or reading it several times. Let the words sink in deeply. Open your mind and heart to the meaning of the words.

Step 2: *Meditatio*

Reflect on the Scripture passage. Ask yourself questions such as the following:

- ✦ What does this passage say to me?
- ✦ Who am I in this passage?
- ✦ What do I see? What do I hear?
- ✦ What do I think?
- ✦ Which character do I most relate to?
- ✦ What do I most need to learn from this?

Try taking notes on your answers to the questions. Try journaling about the insights you gain, noting your reflections right on the page of your Bible.

Step 3: *Oratio*

Pray with the passage of Scripture you are reflecting on. What does the word invite you to pray about? Let the following questions guide you:

- ✦ What do I want to communicate to God?
- ✦ What am I longing for in my relationship with God?
- ✦ What do I desire in my prayer life?
- ✦ What secrets of my heart are ready to be expressed?
Is there joy? grief? fear? gratitude?
- ✦ Express your inner thoughts to God in prayer.

Step 4: *Contemplatio*

Simply let yourself rest in the presence of God. Let go of all distracting thoughts. Settle into the tenderness of God's love.

Step 5: *Actio*

Answer the following questions with utter honesty:

- ✦ How is God challenging me?
- ✦ Is there a good thing God is calling me to do?
- ✦ Is there a harmful thing God wants me to stop doing?
- ✦ What is the next step I need to take?

Decide on a course of action (large or small).
Commit to following through with your plan.

Create a guided Lectio Divina experience for young people
with our free video: smp.org/cybvideo