



# EMBRACE THE YEAR OF MERCY

## Encountering Christ through a Scripture Passage

Do you have a desire, at this time in your life, to deepen your relationship with Jesus Christ? You will have a privileged meeting place with Jesus through reflecting on a Scripture. In spending time with a specific Bible passage, the Holy Spirit makes a connection between the persons and events in the Scripture and your own personal life by reminding you of something from your life.

This very simple way of praying with Scripture does not require any prior study of the Bible and only takes about 10 minutes. Using the “worksheet” on the opposite side, you are invited to pray with Matthew 8:23-27. This Scripture passage is about Jesus calming the storm, included here for your convenience.

And when Jesus got into the boat, His disciples followed Him. Without warning a violent storm arose on the lake, so great that the boat was being swamped by the waves. Jesus was sleeping soundly, so they went and woke Him up, saying, ‘Lord, save us! We are perishing!’ And He said to them, ‘Why are you afraid? Where is your courage? How little faith you have!’ Then He got up and rebuked the winds and the sea. Complete calm ensued; the men were dumbfounded. ‘What sort of man is this,’ they said, that even the winds and the sea obey Him?’

The first step is to read the Scripture passage to become familiar with the specifics. Then re-read the passage and write in a few short phrases that describes what is happening so that you are aware of the details. In other words, you are re-telling the story as if explaining the passage to a small child, covering the most important points.

Pick one person from the passage. The choices include one of the disciples, Jesus, or, a silent observer. Then answer the three questions:

- How do you think this person or you yourself would feel in this situation
- Does it remind you of something or someone in your life?
- Anything you would say or do differently. Note: This is not asking you to change the Scripture passage.

Take some quiet time to speak with Jesus, relating your honest feelings. You will want to go beyond the life experience that came to mind, and have a heart to Heart talk with Him. Pick a word or phrase that stood out for you, that might have special meaning. Close the time of prayer with the Our Father.

“Praying with Scripture” is a profound way to encounter the Person of Christ. A few other suggested passages include Mark 10: 46-52 about the blind man Bartimeus; John 2: 1-11 about the wedding feast at Cana; Luke 2:1-20 about the birth of Christ. Or you can begin with the Gospel of Luke, taking 10-15 verses. Another possibility is to praying with the upcoming Sunday Gospel which you can find at [www.usccb.org/readings](http://www.usccb.org/readings). Don’t wait. Treat yourself to this amazing way of prayer!

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DIocese OF LA CROSSE, WI

# Praying with Scripture

Modified Lectio Divina (Divine Reading)

*Read*

**1. Read the passage out loud (if possible), slowly, simply to become familiar with it.**

*Reflect*

**2. Read the passage again, silently.**

Ask the Lord to let you read and “hear” it as if this was the first time;

How would you re-tell this story in your own words? (Not more than a few sentences.)

*Spontaneous  
Prayer*

**3. Pick one person from the passage: \_\_\_\_\_.**

**Imagine that you are in this person’s “shoes.”**

(Note: If the passage does not specifically name persons in its text, simply see if the words themselves evoke any particular feeling. Does it call to mind a previous, or presently occurring, incident or relationship in your life?)

**A. How does it feel to be in this situation?**

**B. Does it remind you of something or someone in your life?**

**C. Is there anything you would say or do differently?**

**D. Have a “heart to Heart” talk with Jesus**

sharing your honest feelings about anything that has come to mind in reference to your reflecting on this passage. It might be something that is weighing heavily on your heart, or something that moves you to a deep sense of gratitude and joyful praise.

Choose one word or phrase from this passage that has a special meaning for you \_\_\_\_\_.

*Resting  
in God*

**4. Read the passage again. Close your eyes. Think of your favorite picture of Jesus and LISTEN to HIM.**

(Spend this time in simple silence, waiting and quietly **listening** for whatever the Lord might “**whisper**” in your heart.)