

School of Prayer – Session 5

Five P's of Prayer

1. *Prepare* - Know your passage ahead of time and meditate on it throughout the day. When you transition into prayer, take time to breathe, relax, slow down, and just rest.
2. *Place* - go to your prayer place, room or chair. 90% of prayer is just being there.
3. *Posture* - we pray using our bodies. Try one of the four postures: *standing, sitting, kneeling, or prostrating*. Assume the position that is comfortable for you.
4. *Presence* - make the Sign of the Cross and invite the Father, the Son, and the Holy Spirit into this time of prayer. Perhaps with a prayer like this (or your own!):
“Heavenly Father, I come into your presence. Jesus, I know you are here and that you love me. Thank you, Lord, for claiming me as your own. Thank you, Lord, that you desire to speak to my heart today in and through Scripture. Come, Holy Spirit, open my heart to truth...”
5. *Passage* - hold the Bible in your lap and realize: "The Word of God is alive." The Father will speak to you!

Four Steps of Lectio Divina

Lectio (read)

In this first step, read the selected Scripture passage aloud slowly and intentionally. Use your imagination to place yourself into the story. Pretend that you are in the story. What do you see and feel? What are you experiencing? Take some time to pause and reflect on the experience. You may want to write down your reflections.

Meditatio (meditate)

Read the passage aloud slowly again and open yourself to the Holy Spirit as you ponder the text. Pay attention to the word or phrase that strikes you. You may want to underline

or circle it. How is God speaking to you in this word or phrase? Take some time again to reflect and write down your thoughts.

Oratio (pray)

Read the passage aloud slowly once again and let the words be your prayer, allow the words to be a response to God for the particular situations in your life. Pause again. You can write your own prayer to the Father.

Contemplatio (contemplation)

Read the prayer aloud slowly one final time. Listen to the words and rest in the love of God. Contemplative prayer leads us into silence so that we can listen to what God is saying.

You may want to end the prayer experience of Lectio Divina with your own prayer of praise and thanksgiving followed by an Our Father, Hail Mary and a Glory Be.