

First and Last Name \_\_\_\_\_ Grade \_\_\_\_\_  
(Please print.)

# LECTIO DIVINA—Praying with the Sunday Gospel

*Lectio Divina* is Latin for “divine reading” and is a very simple and very powerful way to immerse oneself in the Word of God. It consists of four steps:

## 1. READ (Lectio)

- Begin by going to [www.usccb.org](http://www.usccb.org). This is the website of the Catholic Bishops of the United States. On the calendar, click the Sunday date you are reflecting on. This will bring you to the readings and Gospel for that Sunday.
- Before you start, ask the Holy Spirit, the author of Sacred Scripture, to come open your heart and to guide your mind.
- When you begin reading, read through the Gospel slowly and attentively.
- When you finish, read through the Gospel again and take notice of any words that stand out to you as you read.

## 2. THINK/MEDITATE (Meditatio)

- Allow yourself to enter into the Gospel you just read. Perhaps you are one of the disciples or simply someone in the crowd. Use your imagination and bring the scene to life.
- Also think about the words that stuck out as you read and wrestle with why they were highlighted as you read.

## 3. PRAY (Oratio)

- At this point, you move from the head and go to the heart.
- In this step, you turn over everything you thought about the Gospel to God in prayer.
- Ask him why the words stuck out, why the passage unfolded like it did in your meditation.

## 4. REST (Contemplatio)

- Essentially, it's time to take it all in.
- Rest in what God has spoken to you in His Word. Simply just sit and be with the God who loves you.

Lectio  
divina

Day of Mass: Saturday Sunday Date:      /      / 2017

Time of Mass: 3:45pm 5:15pm 8:30am 10:30am 12:00pm 5:00pm

Name of Priest Who Said Mass: Fr. Valentine Fr. Chux Other: \_\_\_\_\_

When you were reflecting on the Gospel using *Lectio Divina*:

- What were some things that came to mind during each of the four steps?
- Did any words or phrases stand out? What were they?
- Who were you in the story and how did you feel?
- What was God trying to tell you through this Gospel? Share your thoughts.

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