

"The contemplation of Christ's face cannot fail to be inspired by all that we are told about him in Sacred Scripture."

Pope John Paul II
Novo Millennio Ineunte, 17

"It is especially necessary that listening to the word of God should become a life-giving encounter, in the ancient and ever valid tradition of lectio divina, which draws from the biblical text the living Word which questions, directs and shapes our lives."

Pope John Paul II
Novo Millennio Ineunte, 39

"My dear young friends, I urge you to become familiar with the Bible, and to have it at hand so that it can be your compass pointing out the road to follow. By reading it, you will learn to know Christ. Note what St. Jerome said in this regard, 'Ignorance of the Scriptures is ignorance of Christ.'"

Pope Benedict XVI
World Youth Day XXI

Lectio Divina



A Way of Praying the Scriptures

Five-Step Communal Process*

- *Lectio*
- *Meditatio*
- *Oratio*
- *Contemplatio*
- *Actio*

Lectio

A simple reading and listening

Listen with the "ears of your heart"

Be attentive to a particular word or phrase

Journal and share word or phrase without comment



Oratio

"Only *the experience of silence and prayer* offers the proper setting for the growth and development of a true, faithful and consistent knowledge of that mystery... 'And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son of the Father'" (Jn 1:14).

Pope John Paul II
Nuevo Millenio Ineunte, 20

Take time to speak intimately with God

- What are you feeling?
- Joy, grief, fear, gratitude?
- What has the word inspired in you?

Take time for the Lord to respond and make his voice heard in your heart

Contemplatio

"...we cannot come to the fullness of contemplation of the Lord's face by our own efforts alone, but by allowing grace to take us by the hand."

Pope John Paul II
Nuevo Millenio Ineunte, 20

- Simply rest in God's presence
- Just enjoy God and be at peace
- Feel free to journal your experience

Meditatio

"This is a moment of interior reflection in which the soul turns to God and tries to understand what his word is saying to us today."

Pope Benedict XVI
World Youth Day XXI

Scripture Context

Scripture is read a second time

As you listen imagine yourself in the story

- Who do you see?
- What do you hear?
- To whom do you most relate?
- How does this passage relate to something in your life right now?

Journal and share this with the group



Actio

"To build your life on Christ, to accept his word with joy and put its teachings into practice. This, young people of the third millennium, should be your program."

Pope Benedict XVI
World Youth Day XXI

- Third reading of passage
- Listen and reflect on what God is calling you to do or to be
- Journal your response
- Share with the group
- Listen attentively to the work of the Spirit in each others' lives
- Join hands and pray for each other in the words that Jesus taught us... Our Father