Lectio Divina

“When you pray, you speak with God; when you read, God speaks to you.”-St. Cyprian

Step 1: Pray
- Make yourself open to the Holy Spirit
- Ask for His guidance as you meditate on the Word of God

Step 2: Read
- Choose a small passage of Scripture
- Read it **SLOWLY**

Step 3: Meditate
- Read the passage again slowly
- Pick out a word or phrase that stands out to you; share it with your group or write it down

Step 4: Prayer
- Read through the passage and reflect again
- Think about how God is speaking to you through that word or phrase

Step 5: Contemplate
- Read the passage again and reflect
- Think about how God is calling you to act through the word or phrase

Step 6: Act
- Close with a prayer of gratitude and response to God’s invitation through your meditation

What is Lectio Divina?

⇒ *It is a Benedictine way of praying with Sacred Scripture*
⇒ *Order of St. Benedict is a religious order founded in the 500s*
⇒ *Lectio Divina means Divine Reading*
⇒ *We read and listen to God through the Scriptures paying attention to what God is telling us to discuss with Him based on the words we are drawn to in the passage*
⇒ *It is a powerful way to pray together as a family and to help each other grow in Your personal relationships with God*
How to pray the Scriptures with your kids

"Jesus said, 'Let the children come to me, but do not hinder them: for to such belongs the kingdom of heaven.'"—Matthew 19:14

Adapt the time frame based on your child's age. A 5-year-old has a different attention span than a 10-year-old. It doesn't matter if it's perfect, it matters that you are praying as a family!

**Step 1: Pray**
Do a simple prayer to begin.
Ex. “God help us to hear You in our readings. Holy Spirit guide us in our time together.”

**Step 2: Read**
Choose a short passage; 5 verses max to keep your child engaged. Start with a short passage from the Gospel or a few verses from the Psalms. Have you or your child read aloud.

**Step 3: Meditate**
Pick out a word or phrase that stands out to you or that you or your child have questions on. Make sure you are sharing with your child throughout the process. It is **VITAL** that your child sees you pray. Instead of telling them it's something important, they are seeing you do it and making it a priority. They grow up knowing how to pray and to read God’s words.

**Step 4: Prayer**
From that word or phrase that stood out to you, ask, “What is God telling me?” Share your answer with your family during this process.

**Step 5: Contemplate**
Read the passage again with a different reader. Ask, “What is God asking me to do?” Share with each other your answers.

**Step 6: Act**
Close with a prayer to thank God for your time together and to ask for His help to do what He is asking of you. eg. God thank you for our time together, help each of us to do what You have asked of us in our prayer time. Help us to love You and other more every day. Amen.