

How can I pray with the Bible? *Lectio Divina*

1. Place yourself in God's presence, under God's eyes. Begin with an act of faith. Close your eyes. Imagine Christ in front of you. God is real, He is here. He listens. Ask the Holy Spirit to help you pray and enter into God's presence.

2. Read a short passage of the Bible (Gospel of the day) and then ask yourself:

A. What does the Bible say in this passage? (objective part)

- Read and re-read the text until you grasp the content and meaning. Do it slowly.
- Think about it. Pay special attention to:
 - Place, time, characters, actions, key words, repetitions, grammar, parallel texts (other texts it's connected to in the Bible), context of the passage (location of the passage within the whole of the book), connecting words.
- You can underline in the text if it's useful to you.
- You can also compare with other translations.
- You can read footnotes and search for bible commentaries.

B. What does the Bible say to me? (subjective part)

- Which words struck you the most? Focus on one or two lines or words of the Gospel passage and meditate upon them, trying to discover what the Lord wants to say to me through this passage.
- How do I connect this passage with my daily life? Imagine situations in your life that you can apply this passage to, express your feelings regarding those situations, make good resolutions, and express your desires and fears before God.
- In what sense is this passage Good News for me?
- What changes in my lifestyle is this passage prompting?
- Respond to God: Give thanks, ask for the graces you need, praise him, make petition.

3. What do I say to the Lord? (moral part)

Determine to do something specific about what you have been pondering. Think of one concrete goal that can help you to put this passage into practice during this day. Express that goal in a short statement that you can repeat during the day.

4. Finish praying an Our Father + Hail Mary + Glory be + Prayer After Meditation

Tips for Meditation:

- 1) Find a quiet place (an image and a candle can help) and suitable time to do the meditation. It is recommendable to pray in the morning because your mind is more clear. Give Jesus good, quality time.
- 2) Inwardly gather yourself in mind and heart. If you are stressed out, let yourself calm down. Repeat the name of Jesus.
- 3) Read the text the night before.
- 4) Pray for a set amount of time: Start with 10 minutes. Stick with it for 2 or 3 weeks and then increase it by 10 minutes.
- 5) You can find the daily readings on the USCCB website or in the bulletin. Laudate App.

