

Live Not Lukewarm: Praying with Scripture

Lectio Divina: A prayerful way of reading Scripture

1. Bless yourself and begin with a brief prayer
2. Read the scripture passage
 - a. What word/phrase stands out for you in the passage?
 - b. Do you have an insight, feeling or understanding about it?
 - c. Read the passage again for a fuller understanding of what is there for you
3. Ponder the word/phrase, what does it mean to you?
4. Sit in silence for a few minutes
5. End with an Our Father.

Lectio (reading/listening): what word does God have for you?

Meditatio (meditation): take the word and ponder it, making it your own.

Oratio (prayer): allow the word to touch and change you.

Contemplatio (contemplation): rest in God's embrace.

Some passages to use:

Daily Mass readings are available online at the [United States Conference of Catholic Bishops](#) site; you can sign up to have them emailed to you every day.

Or use your Bible and pray with these:

Psalm 28

Isaiah 49:1-6

Matthew 8:23-27

Luke 12:2-9