

“LISTEN, MY SON.”



Lectio Divina: Praying with the Scriptures

Choose a text of the Scriptures that you wish to pray. Place yourself in a quiet environment and calm your thoughts. Offer a prayer to the Holy Spirit for inspiration and guidance: Come, Holy Spirit, enlighten my heart and mind to listen to your Word.

Lectio: Read the text slowly and prayerfully listening for that word that God has prepared for you. You may want to re-read the same text to help quiet yourself interiorly and focus on God's voice. Listen and receive the Word.

Meditatio: When a word or phrase strikes you rest with it. Repeat the word or phrase and allow it to speak to you in a personal way. Memorize it and repeat it to yourself, allowing it to interact with your thoughts, hopes, memories, and desires.

Oratio: Prayer is a dialogue with God that comes from the heart. Formulate a prayer, asking, What do I want to say to the Lord in response to the Word spoken to me? Enter into this loving conversation with God.

Contemplatio: Rest in God's presence and His embrace. Sit still with God, realizing that in this deep and profound relationship, words are not necessary; be content with the joy in your heart. Remember that contemplation is not your action or doing; instead, it is allowing God to act in you.

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