

# Lectio Divina

## Praying with Scripture



*Lectio divina* is an ancient method of praying with sacred texts; usually the sacred text comes from the Scriptures, but other texts may be used as well. The basic idea is to spend time listening deeply and intently to what God might have to say to you through the text—almost as if the sacred text were a much-cherished love letter from God. Lectio Divina is like a deep conversation with a best friend.

### How To:

Gather the family around your prayer table and select a bible passage. This could be the gospel of the day or a favorite passage. During this Easter season, we encourage you to focus on the First Reading for the upcoming Sunday's mass. These readings are focused on the early Church during this season. Make the Sign of the Cross and invite the Holy Spirit to help you listen closely not only with your ears but also your heart. There are four steps to Lectio Divina:

- **Reading** (lectio) Read the scripture several times, leaving room for the Holy Spirit to call your attention to a word, phrase, or line that God wants you to hear.
- **Meditation** (meditatio) Think about the word or words that the Holy Spirit has called to your attention. Ask questions like: How does this relate to my life? What is God saying?
- **Prayer** (oratio) Respond to the sacred words in prayer, either silently or out loud, or in writing.
- **Contemplation** (contemplatio) Rest silently in God's presence, quieting yourself and listening for God's response to your prayer.

A good starting place to learn more would be to look at these articles: [Lectio Divina for Families](#) or [Leading Young People in Lectio Divina](#) or this video: [Praying with Scripture Like a Friar](#).

### Resources for Families

- Article: [Family Prays Together](#)
- Facilitating [Lectio & Visio \(visual\) Divina](#)

### Resources for Small Children

- [Lectio Divina with kids](#)
- Teaching kids to [pray with scripture](#)
- For non-readers: [video to reflect on Sunday's Gospel](#)
- Use [videos reflections](#) for non-readers

### Resources for Elementary Kids

- [A Still Small Voice](#) - Lectio Divina & Kids
- [Lectio Divina](#) explained
- A great resource for [daily prayers with children](#)
- Lectio Divina exercise for [First Communion](#)

### Resources for Teens

- Isolation, stress, disappointment? [Rise Up](#)
- What is [Lectio Divina](#)?
- [Practice Lectio Divina](#)
- Lifeteen Lectio Divina [every Wed at 5 pm](#)
- Lectio Divina [Handout](#)
- Blog: [Stuck in a Rut with your Prayer?](#)
- Summit: [Reflection for Sunday's Readings](#)

### Resources for Adults

- [Reflection questions](#) for Lectio Divina with readings for Sunday, April 19
- Sunday & Weekday [Readings](#)
- Don't know where to begin? [Step-by-step Video to Lectio Divina](#)

### Resources: Special Needs

- Does your child have the wiggles...a lot? Christen Cota highly suggests this [book](#) (free sample audios). Her son has ADHD and they have used it a great deal to practice mindfulness which has opened the door to other types of prayers.

### SFA streamed live on Facebook:

Mass: 12:30 pm Sun.

Mass: 8:45 am Wed. (School Mass)

Adoration & Rosary: daily at 6 am

\* Streamed masses will be recorded and posted on our [website](#) and [Vimeo page](#).