

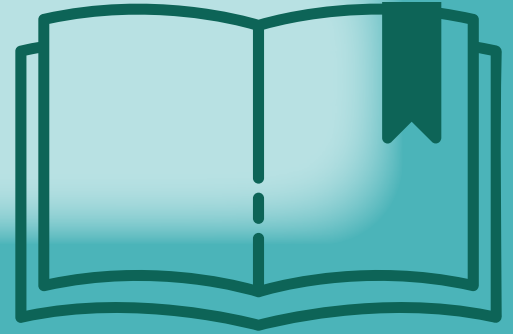
How to pray

LECTIO DIVINA



1. LECTIO

Start in the name of the Father, and of the Son, and of the Holy Spirit. Read the selected passage aloud. Actively listen and read along to the word of God.

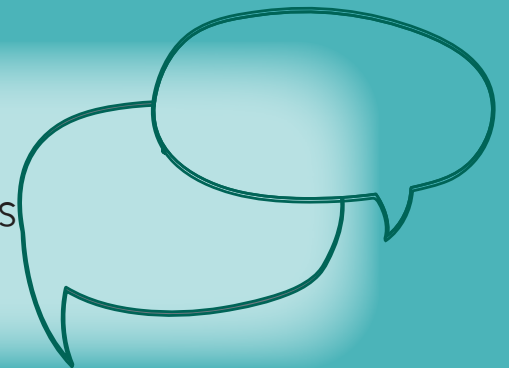


2. MEDITATIO

Silently reflect on the scripture you just heard. What words or phrases stood out to you? Which person or character do you identify with? What is God revealing to you through this passage?

3. ORATIO

Discuss the passage with each other, What struck you the most? What questions did it raise? How has this passage helped your faith life? What does this scripture reveal about God?



4. CONTEMPLATIO

Spend a moment in silent prayer, thanking God and asking him to strengthen you as witnesses of His love and mercy in the world. End in the name of the Father, and of the Son, and of the Holy Spirit, Amen.