

Fall Prayer Series: Praying With Scripture

Summary of Instruction for Lectio Divina

Summary of Instruction for Ignatian Contemplation

Suggested Prayer Material for the Week

A Simple Method of *Lectio Divina*

(adapted from Sassani and McLaughlin, *Meeting Christ in Prayer*)

- Find a comfortable position.
- Take a few minutes to breathe slowly and deeply, to calm your mind.
- Recall that you are in the presence of God, and consciously offer yourself to God and ask for the grace to be open to what God wants to reveal to you.
- Read the Scripture passage you have selected slowly, either silently or aloud, letting the words sink into your heart. As you are reading, listen for a word or phrase *that stands out for you*.
- Write down in your journal the word or phrase that stuck out for you.
- Take some time to reflect on the word or phrase.
- Read the passage a second time. Listen for a word or phrase *that reflects what Christ is saying to you today*.
- Write down in your journal the word or phrase
- Take some time to reflect on the word or phrase
- Read the passage a third time. Listen for a word or phrase *that best reflects your response to Christ*.
- Write down in your journal this word or phrase
- Take some time to reflect on the word or phrase.
- Read all the words and phrases that you have written down.
- Pray whatever prayer comes from your heart as a result of this exercise.
- Finally, spend some time expressing to God your gratitude for this experience with him.

Ignatian Contemplation

Step 1: I settle into a comfortable, alert posture and become conscious of the loving presence of God through the Holy Spirit.

Step 2: I ask for the grace that I desire from this period of prayer.

Step 3: I read the passage of Scripture once, then again, to be familiar with the details.

Step 4: Once I have become familiar with the text, I put the Bible aside and begin to imagine the story in detail.

Step 4: I compose the place...setting the scene and the characters in my imagination.

I imagine the scenery, the landscape, the environment. I note what time of day it is. I am aware of what else is part of the setting (e.g. animals, plants, etc.)

I see the people...who they are, what they look like. I imagine what has been happening in their lives.

Step 5: I enter the scene as a participant to watch, listen, notice, and interact.

Step 6: If I haven't been in colloquy with Jesus during my participation in the scene, I spend time in colloquy with him.

Step 7: I close prayer with an expression of gratitude to God for this experience of intimacy with Jesus.

Suggested Prayer Material for the Week

Day 1: Lectio - Psalm 139:1-18

Day 2: Lectio – Isaiah 43:1-7

Day 3: Lectio – Matthew 5:1-12

Day 4: Ignatian Contemplation – Mark 5:21-34

Day 5: Ignatian Contemplation – Matthew 14:22-36 (Jesus invites Peter to walk on water)

Day 6: Ignatian Contemplation – John 13:1-11 (Jesus washes the feet of the disciples)

Day 7: Repetition

Repetition is a repeating of a prayer experience in order to allow for deeper appropriation of the particular mystery. It is not repeating the material in sense of going back and looking for something new. Instead you want to return to the points where you experienced the greatest movement in order to allow yourself to savor, deepen and better appreciate the experience, to allow it to be reinforced.

So on this last day, simply return to the moment in one of your prior prayer periods this week where you felt the greatest movement toward or away from God. The place of deepest affect. Go back there and see what else God wants to share with you.