

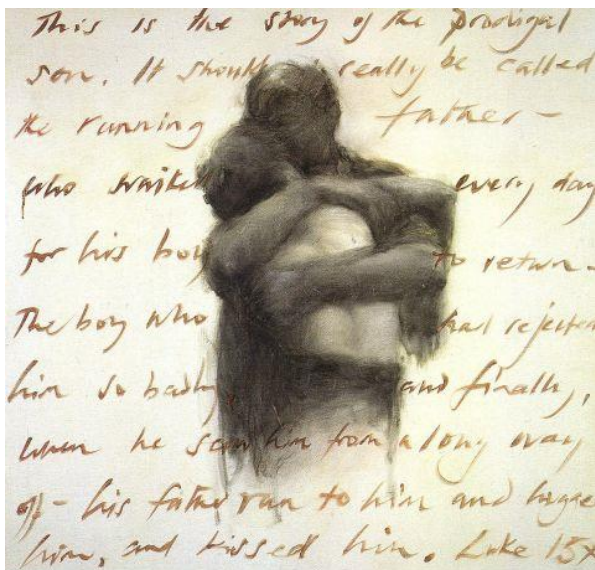
*Let us be renewed by God's mercy,
let us be loved by Jesus,
let us enable the power of his love
to transform our lives too;
and let us become
agents of this mercy,
channels through which God
can water the earth,
protect all creation
and make justice and
peace flourish.*

Pope Francis



Lectio Divina

Praying with the Bible in the Year of Mercy



“Lectio divina” means “sacred reading.” Lectio divina is an ancient form of Christian prayer that is about reading the Scriptures in a spirit of openness to what God is saying to you personally through his word.

There are **four steps** to lectio divina. You can apply these steps to any passage from the Bible. A Gospel passage is provided for you on the next page. Or you may like to use the daily Gospel reading (available at www.universalis.com). Alternatively, you could use the readings printed in the parish's Sunday Mass bulletin as your lectio divina material for the week.

Before anything else, find a quiet place and set aside 15 minutes or so to receive what God is saying to you through his Word.

- 1. Read:** Slowly read the passage of Scripture you have chosen. Savour each word instead of hurrying to finish the passage, as we often do when we read something. As you read, listen for any word or phrase that tugs at your heart – even if only slightly. If your heart is tugged, stop reading!
- 2. Meditate:** Meditate on the word or phrase that touched you. “Chew” over the text like a cow chewing its cud! Repeat the word or phrase over and over in your mind and think about its relevance to the concrete reality of your life.
- 3. Pray:** Speak with God, your most intimate friend, about how you see your special word or phrase interacting with your life. Ask God to deepen your understanding of the relevance of the passage to your life and listen to his response.
- 4. Contemplate:** Enjoy being silent with the God who loves you. If you become restless, continue with your slow reading of the text and see if anything else tugs at your heart.

Make your home in me, as I make mine in you.
As a branch cannot bear fruit all by itself,
but must remain part of the vine,
neither can you unless you remain in me.

I am the vine,
you are the branches.
Whoever remains in me, with me in them,
bears fruit in plenty;
for cut off from me you can do nothing.
Anyone who does not remain in me
is like a branch that has been thrown away – they
wither.

As the Father has loved me,
so I have loved you.
Remain in my love.

John 15: 4-6, 9



“How many pages of Sacred Scripture are appropriate for meditation... to help us rediscover the merciful face of the Father!” Pope Francis