

The Scriptures are the “living Word” of God. Those who pray with this method have very real encounters with Jesus, and find that in the experience, God touches them and enlightens them. They are comforted, healed, and challenged by the living Christ when they meet Him through the doorway of imagination.

GET STARTED WITH LECTIO DIVINA OR IGNATIUS MEDITATION USING SOME OF THESE PASSAGES:

Matthew 14:22-33 (Jesus walks on the water)

Matthew 17:1-8 (The Transfiguration)

Mark 4:35-41 (Jesus stills a storm)

Mark 10:46-52 (The healing of blind Bartimaeus)

Luke 5:1-11 (Jesus calls the first disciples)

Luke 19:1-10 (Jesus and Zacchaeus)

Luke 24:13-35 (The walk to Emmaus)

John 13:1-20 (Jesus washes the disciples' feet)

John 15:1-17 (Jesus the True Vine)

John 21: 1-23 (Post-Resurrection encounter of Jesus and Peter)

More scripture passages can be found at

www.ArlingtonDiocese.org/PRAY

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PRAYING WITH SCRIPTURE

How often do we lament “I don’t hear God speaking to me,” but Jesus is the Living Word who speaks to us through the scriptures. Lectio Divina and Ignatian Meditation are two methods of prayer through which we hear Him. Read on to learn how.



“ How do we get to know someone? We meet them, talk, listen, and spend time together. Meditation is how we get to know God. It is a mental conversation between two friends coming closer and, as times goes on, becoming more and more intimate.” – Fr. Thomas Dubay, *Prayer Primer*

LECTIO DIVINA

Lectio Divina, Latin for “Divine Reading,” is a way of praying with scripture that helps us move from the words on the page into intimacy with Jesus.

There are four steps:

- **Lectio (Read)** a short selection from the Bible slowly and attentively. Re-read it, listening prayerfully. When a word or phrase strikes you, stop and dwell on it; these are God’s words inviting us to rest.
- **Meditatio (Meditate)**, meaning ruminates or chew the word, to “ponder in our hearts,” as Mary did, as it interacts with our thoughts, hopes, memories and desires. We let God’s Word touch and affect us deeply, leading us to wisdom, seeing things from His perspective.
- **Oration (Prayer)**, is our heart’s response: a dialogue with God; an offering of myself and my thoughts, feelings, desires, fears, weaknesses; a resolution to grow in virtue; sorrow for sin, or just a silent resting with the Lord, letting my real self be touched and changed by His Word.
- **Contemplatio (Contemplation)**, is quiet rest in the presence of the One who loves me. Practice silence, letting go of words, enjoying the experience of being in His presence, knowing we are loved. Contemplation is a gift from God, not something we can control; the more we practice Lectio, the more we will be disposing ourselves to receive this gift.

IGNATIUS MEDITATION

St. Ignatius of Loyola invites us to accompany Jesus through His life by imagining scenes from the Gospels. The goal is to make the scripture passage a lived experience using our imagination and senses, encountering God and entering the mystery being prayed.

- **Preparation:** Decide the time, place, and passage you will use in advance. Begin by settling into God’s presence and receiving His loving gaze.
- **Read the passage**, “composing the place” in your mind, imagining the setting, the characters. Put yourself as one of them or a bystander. Reread it several times to absorb all the details.
- **Pray imaginatively with the story.** Use your senses to make it come alive: what do you see, hear, taste, smell and feel? Allow the story to unfold in your imagination; interact with Jesus, Mary or another central character.
- **Allow yourself to be drawn into being with God.** Whenever you experience that God is giving Himself to you, stay there quietly and receive. Be attentive to desires that lead you toward as well as away from God; trustingly talk with Him about them. Receive His love for you even in your weakness.
- **Colloquy:** Conclude with a spontaneous conversation with God the Father, Jesus, the Holy Spirit, and/or Mary about insights from this time of prayer.
- **Review** your thoughts, feelings, sentiments, desires, etc. Record them. What are they saying to you?