

Lectio Divina: Getting Started

I would like you to spend 20-30 minutes doing this activity

1. Collect your materials: For this homework assignment you will need a notebook (your prayer journal and/or this worksheet), a Bible, pen or pencil. If you don't have a Bible at home I have included the passage I would like you to reflect on for this assignment.
2. Choose a quiet place: Find a quiet place you can pray and enjoy God's presence without distraction.
3. Select a passage of Scripture: I have provided one for you to use for this assignment on the reverse side of this sheet
4. Begin with thanksgiving and prayer: Affirm that the Lord is with you. "Heavenly Father, I come into your presence. Jesus, I know You are here and that You love me. Thank You, Lord, that I belong to You. Thank you, Lord, that You want to speak to my heart today in scripture. Come, Holy Spirit, open my heart to truth..."
5. Read: open your Bible or read the passage I have provided on the paper. Read the selected passage several times until a word, verse or verses capture your attention. Once you have a word, verse, or verses, begin on the worksheet on the reverse side
6. Fill out the WRAP worksheet on the reverse side: please feel free to write additional answers in your prayer journals from class

This is meant to be a new prayer experience for you to try. Don't stress about being graded on your responses or if you get distracted. The idea is to give you some quiet time praying with the Lord and may take time to understand the full process. I just want you to try it out and we will discuss the experience in class next week. You will not be asked to share your answers on the worksheet or in your journal. I just want to hear how the prayer experience was for you in class next week.

4 Questions to Keep in Mind While Praying:

1. What does the text say in this passage?
2. What does the text say to *me*?
3. What do I want to say to God about the text?
4. What difference will this text make in my life?

Lectio Divina: WRAP Worksheet

Date:

Scripture Reading: Jeremiah 29:11-14

For I know well the plans I have in mind for you—oracle of the LORD—plans for your welfare and not for woe, so as to give you a future of hope. When you call me, and come and pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, I will let you find me—oracle of the LORD.

Write (write down the key verse or verses from the passage above that spoke to you):

Reflect: Write down everything that comes to mind when you look at the key verse or verses you wrote in the section above. It could be a few key words, images or thoughts that came to mind when you read the passage.

Apply: How does this verse or verses apply to your life today? What might this be telling you to do or change in your life? Could be to try something new or forgive someone or to go to Mass....many things it could suggest.

Pray: Write a prayer to God at the end of reflecting on this passage.