



Pray Together!

Pump up the jubilation of your marriage through shared prayer!

Lectio Divina for Couples

Are you wondering, what is Lectio Divina? Lectio Divina translates to “divine reading” and refers to a Christian practice of contemplation and reflection on Holy Scripture that began in Catholic monastic communities. This practice is a structure of prayerful and careful reading of scripture to experience God’s presence and seek guidance from the Holy Spirit. Often people will do these reflection individually. However, Lectio Divina can also be done in a way to help couples strengthen their union with God by reflecting on His word and strengthen their union with each other by doing the reflection together.

How to do Lectio Divina as a couple:

1. **Prepare (Silencio):** Select a scripture. (Daily recommended scriptures are provided for Jubilant Marriages Week. But you can choose from a host of other options also) Quiet your heart, placing yourself in God’s presence. Offer this time to God.

2. **Read Slowly (Lectio):** Slowly read the passage out loud. Perhaps you would like to alternate, taking turns with your partner. Allow the words to settle and resonate in your heart. After a pause, re-read the passage out loud. Repeat this reading silently or aloud as often as you and your partner feel led, listening for the word or phrase that catches your attention and your heart. This phrase may be the same for you and your partner, or it may be different. You may take a moment to share with one another about what stands out to you. When you have a sense of that word or phrase, you may return your attention and continue reflecting together, seeking God’s presence.

3. **Reflect (Meditatio):** Take time to sit together with the word or phrase that caught your attention. Re-read the passage if it feels right, stopping at that word or phrase again to slowly drink it in. Perhaps repeating the word or phrase quietly or silently feels right. Perhaps entering the passage’s biblical scene in your imagination seems appropriate. Ask God to lead you as you explore this phrase at a heart level.

4. **Pray (Oratio):** Talk to the Lord about the phrase He has highlighted and what’s coming up. You and your partner may alternate praying aloud together. Journaling might be useful to you as well. How is God addressing you in this Word and inviting you to respond? Allow the Word to guide you into a prayerful response.

5. **Rest (Contemplatio):** Rest in God’s presence together. Receive God’s word deeply and rest in His presence and rich love. Pray a silent prayer for your spouse. Allow yourselves a moment to wait and be still before re-entering life as usual.



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Daily marriage-themed scripture options that can inspire you as you do Lectio Divina together.

SUNDAY: Genesis 1:27-28 - “So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”

MONDAY: Matthew 6:33-34 - “But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

TUESDAY: I Corinthians 13:4-7 Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

WEDNESDAY: Matthew 22:37-40 Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.” This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.

THURSDAY: Romans 12:1-2 - “I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

FRIDAY: Romans 12: 9-13 Detest what is evil; cling to what is good. Be devoted to one another in filial love; give preference to one another in honor, not lagging behind in diligence, fervent in spirit, serving the Lord; rejoicing in hope, persevering in tribulation, devoted to prayer, contributing to the needs of the saints, practicing hospitality.

SATURDAY: Ephesians 4: 32 - “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

Remember to visit MarriageandFamilySTL.org/JMWeek for conversation starters, movie ideas, prayers, recipes, music links, and more great ways to make your marriage jubilant!

