

Ignorance of
scripture
is ignorance
of Christ.

St. Jerome

ARCHDIOCESE
OF OKLAHOMA CITY
Office of the New Evangelization



If you remain in my word, you will truly be my
disciples, and you will know the truth, and the truth
will set you free. - *John 8:31*

Praying with Scripture – Lectio Divina

Bring your Bible and this boxed **Lectio**
to the actual time of prayer.

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|--|--|
| <input type="checkbox"/> Psalm 139 | <input type="checkbox"/> Isaiah 44:1-5 |
| <input type="checkbox"/> Jeremiah 29:11-14 | <input type="checkbox"/> John 15:11-17 |
| <input type="checkbox"/> Deut. 30:11-20 | <input type="checkbox"/> Exodus 14:14 |
| <input type="checkbox"/> Jeremiah 1:4-10 | <input type="checkbox"/> Ephesians 4:25-32 |
| <input type="checkbox"/> Psalm 1 | <input type="checkbox"/> Matthew 5:1-12 |
| <input type="checkbox"/> Micah 6:8 | <input type="checkbox"/> Hebrews 5:14-16 |
| <input type="checkbox"/> Romans 1:5-11 | <input type="checkbox"/> 1 Timothy 4:11-16 |
| <input type="checkbox"/> Hosea 11:1-4 | <input type="checkbox"/> Colossians 3:12-17 |
| <input type="checkbox"/> Psalm 4 | <input type="checkbox"/> John 15:11-17 |
| <input type="checkbox"/> Sirach 2:1-11 | <input type="checkbox"/> Philippians 3:7-12 |
| <input type="checkbox"/> Romans 8:26-27 | <input type="checkbox"/> Luke 10:25-28 |
| <input type="checkbox"/> Romans 8:28-39 | <input type="checkbox"/> Isaiah 49:15-18 |
| <input type="checkbox"/> Luke 6:43-49 | <input type="checkbox"/> Galatians 2:20 |
| <input type="checkbox"/> Psalm 32 | <input type="checkbox"/> Matthew 12:46-50 |
| <input type="checkbox"/> 1 Corinthians 1:26-31 | <input type="checkbox"/> Philippians 4:4-9 |
| <input type="checkbox"/> Isaiah 30:20-21 | <input type="checkbox"/> Romans 13:1-10 |
| <input type="checkbox"/> Proverbs 3:5-6 | <input type="checkbox"/> Isaiah 61:1-5 |
| <input type="checkbox"/> Sirach 2:1-11 | <input type="checkbox"/> Matthew 21:12-22 |
| <input type="checkbox"/> Luke 1:76-79 | <input type="checkbox"/> Mark 6:1-6 |
| <input type="checkbox"/> 1 Corinthians 9:24-27 | <input type="checkbox"/> Luke 19:1-10 |
| <input type="checkbox"/> Matthew 6:24-34 | <input type="checkbox"/> John 3:16 |
| <input type="checkbox"/> Jeremiah 17:5-11 | <input type="checkbox"/> Revelations 3:19-20 |
| <input type="checkbox"/> Psalm 34 | <input type="checkbox"/> Matthew 22:34-40 |
| <input type="checkbox"/> 2 Corinthians 4:7-17 | <input type="checkbox"/> Luke 15:11-32 |
| <input type="checkbox"/> Sirach 6:14-17 | <input type="checkbox"/> Matthew 25:14-30 |
| <input type="checkbox"/> Isaiah 41:27-31 | <input type="checkbox"/> Exodus 33:12-14 |
| <input type="checkbox"/> Psalm 40 | <input type="checkbox"/> Ephesians 1:1-14 |
| <input type="checkbox"/> Luke 11:1-13 | <input type="checkbox"/> Psalm 31:20-25 |
| <input type="checkbox"/> John 8:31-32 | <input type="checkbox"/> John 1:35-51 |
| <input type="checkbox"/> Matthew 6:19-21 | <input type="checkbox"/> 1 John 5:13-15 |
| <input type="checkbox"/> 2 Corinthians 12:7-10 | <input type="checkbox"/> Mark 14:3-9 |
| <input type="checkbox"/> Ephesians 1:15-23 | <input type="checkbox"/> 2 Timothy 4:1-5 |
| <input type="checkbox"/> Luke 10:25-28 | <input type="checkbox"/> Psalm 143 |
| <input type="checkbox"/> Jeremiah 17:5-11 | <input type="checkbox"/> Sirach 15:14-17 |
| <input type="checkbox"/> Isaiah 43:1-5 | <input type="checkbox"/> John 14:15-31 |

Read/**Lectio**

1. Read the passage out loud (if possible) slowly, simply to become familiar with it.

Reflect/**Meditatio**

2. Read the passage again, silently.
 - Ask the Lord to let you read and “hear” it as if for the first time and ask: **what does it mean?**
 - Using your own words, tell this story in no more than 5 or 6 sentences

Spontaneous Prayer/**Oratio**

3. Pick one person from the passage: Imagine that you are in this person's "shoes."

NOTE: If the passage does not specifically name persons in its text, simply see if the words themselves evoke any particular feeling. Does it call to mind a previous, or presently occurring, incident or relationship in your life?

- A. How does it feel to be in this situation?
- B. Does it remind you of something or someone in your life?
- C. Is there anything you would say or do differently?
- D. Have a "heart to heart" talk with Jesus, sharing your honest feelings about anything that has come to mind in reference to your reflecting on this passage. It might be something that is weighing heavily on your heart, or something that moves you to a deep sense of gratitude and joyful praise.
- E. Choose one word or phrase from this passage that has special meaning for you.

Rest in God/**Contemplatio**

4. Read the passage again. Close your eyes. Think of your favorite picture of Jesus and LISTEN to HIM.

Spend this time in simple silence, waiting and quietly listening for whatever the Lord might "whisper" in your heart.