



## Instructions for Prayer Time and Lectio Divina

**Before** you begin:

- Ask yourself: What do I desire right now? What do I want during this time of prayer?
- Ask God for these graces and be open to receive other gifts. Let your words flow from your heart.
- Example: “I pray for the following graces:
  - To be more aware of how God is near to me
  - to be able to trust in God’s love and care for me

**Select** The Passage of Scripture for today

*it might be same as yesterday, if there’s more to unpack, or it may be a new one*

**Begin** Lectio Divina — S.Le.M.O.C.

1. **Silencio** — (silence) come into God’s presence, slow down, relax, release the noise inside your head to God — take deep breaths and become fully present to this moment.
2. **Lectio** — (read) slowly read the scripture out loud, lingering over words so they resonate in your heart. When something resonates with you, stop. Reflect on what God may be saying to your heart. Don’t analyze or judge it. Just wait a few moments in quiet.
3. **Meditatio** — (meditate) read the scripture a second time, savor the words, reflect on what words light up to you and their importance, where does the word connect with your life? gently explore the ramifications of what God may be asking you to do in light of the scripture
4. **Orotio** — (pray) read the scripture a third time, and allow the scripture to lead you into a prayer in response. Talk with God about what you’re feeling, truthfully, and respond to what God may be asking of you
5. **Comtemplacio** (contemplate) — rest in the presence and love of God; allow the scripture to sink into your soul. Surrender yourself to God, and take your word or phrase with you for the rest of the day.

Some variations to try:

1. Pray something like, “Open my eyes to see the wonderful things in your word” Read out loud until a word or phrase resonates with you. Observe what feelings you have. Let this word summon you to prayer. Reflect on this word or phrase for the rest of the day.
2. Insert your own name into the scripture, and allow God to speak to you personally through the passage. Then respond to back to God. For example, using Isaiah 43: “Fear Not, I have redeemed *Norma*; I have summoned *Norma* by name; *Norma* is mine. When *Norma* passes through the waters, *Norma* shall not be drowned.” Tell God how you feel about this reading, and talk further with God about it.