

**Reading II – Sun 3/30/25 Fourth Sunday of Lent
(Cycle C)**

2 Corinthians 5:17-21

Brothers and sisters:

Whoever is in Christ is a new creation:

the old things have passed away;

behold, new things have come.

And all this is from God,

who has reconciled us to himself through Christ

and given us the ministry of reconciliation, namely,

God was reconciling the world to himself in Christ,

not counting their trespasses against them

and entrusting to us the message of reconciliation.

So we are ambassadors for Christ,

as if God were appealing through us.

We implore you on behalf of Christ,

be reconciled to God.

For our sake he made him to be sin who did not

know sin,

so that we might become the righteousness of God

in him.

Ideas: Preparation music for Lectio Divina

Gather us, O God,
body, spirit, soul and mind.

Gather us, O God,
One in union now with you.

Speak Lord, I love to listen to your voice.

See Lord, here I am. --by Tim Schoenbachler

May the Word be a lamp for your (our) feet,
And a light to guide your (our) path. -- from Ps. 119

Open my eyes, Lord. Help me to see your face. Open my eyes Lord.
Help me to see.

Open my ears, Lord. Help me to hear your voice. Open my ears
Lord. Help me to hear.

Open my heart Lord. Teach me to love like You Open my heart Lord.
Help me to love.

--excerpt from song by Jesse Manibusan and Patrick Loomis



The Steps of Lectio Divina

- Choose a text of the Scriptures that you wish to pray.
- Place yourself in a quiet environment. Calm your anxieties and thoughts, and acknowledge God's presence.
- Offer a prayer to the Holy Spirit for inspiration and guidance: *Come, Holy Spirit, enlighten my heart and mind to listen to your Word.*

1. *Lectio*: Read the text slowly and prayerfully, constantly listening for that word that God has prepared for you. You may want to re-read the same text multiple times to help quiet yourself interiorly and focus on God's voice. Listen and receive the Word that God speaks to you.

2. *Meditatio*: When a word or phrase strikes you, stop and rest with it. Repeat the word or phrase to yourself. Allow it to speak to you in a personal way by pondering the word in your heart, reflecting on what it means to you. Memorize it and repeat it to yourself, allowing it to interact with your thoughts, hopes, memories, and desires.

3. *Oratio*: Prayer is your response to God's word. It begins your dialogue with God that comes from your heart. Formulate a prayer, as a response to God. *What do you want to say to the Lord in response to the Word spoken to you?* Enter into this loving conversation with God.

4. *Contemplatio*: Rest in God's presence and receive His transforming embrace. Sit still with God, realizing that in this deep and profound relationship, words are not necessary. Be content and at peace with a wordless, quiet rest in God, which brings joy to the heart. Remember that contemplation is not *your* action or doing, rather it is allowing God to act in you.



Lectio Divina – Process

Personal Reflection Structure

- A. Focus yourself on the process of reading and listening to scripture.
 - Say a prayer / Sing or listen to a song / Light a candle
- B. Read aloud the selected passage of Scripture for the first time.
 - Listen with the “ears of your heart” to become aware of a particular word or phrase that speaks to you.
 - Take time to write the word or phrase that spoke to you on the journal page and why it got your attention.
- C. Read aloud the same selected scripture passage for a second time.
 - As you read the passage be attentive to how the scripture passage relates to something going on in your life.
 - Take time to write how the scripture passage relates to something going on in your own life on the journal page.
- D. Read aloud the same selected scripture passage for a third time.
 - As you read the passage be attentive to what this scripture passage is calling you to do or be today.
 - Take time to write what the scripture passage is calling you to do or be today on the journal page.
- E. To close pray a short spontaneous prayer out loud or in the silence of your heart. Close with the Our Father. Extinguish the candle (if you lit one) and possibly sing a song.



LECTIO JOURNAL

In your groups...multiply the occasions for hearing and studying the word of the Lord, especially through the lectio divina. You will discover the secrets of the Heart of God and will derive profit for discerning situations and transforming reality.

(Saint John Paul II, To the Youth of the World on the Occasion of the XII World Youth Day, 1996)

Scripture passage:

1. As you listen to the first reading of the Scripture passage be attentive to a particular word or phrase that speaks to you. Listen with the "ears of your heart." Record your word or phrase here:

2. As you listen to the reading for a second time, notice how the Scripture passage relates to something happening in your life. Record your thoughts here:

3. As you listen to the reading for a third time, reflect on what this Scripture passage is calling you to do or be *today*. Record your thoughts here:

When I am reading divine Scripture, God walks again in the earthly Paradise.

(Saint Ambrose, Epistle 49,3)



Lectio Divina – Process

Small Virtual Group Structure

- A. Gather individuals by sharing what is taking place in their lives. (Just a few minutes)
- B. Focus the group on the process of reading and listening to scripture.
 - Open in prayer / Sing a song / Light a candle
- C. Read aloud the selected passage of Scripture for the first time.
 - The teen facilitator will ask the group members to listen with the “ears of their heart” to become aware of a particular word or phrase that speaks to them. Write this on the journal page (found below)
 - The teen facilitator will then invite everyone to share just the word or phrase that spoke to him or her, doing this without any comments or further conversation.
- D. Read aloud the same selected scripture passage for a second time. Invite a different person to read the passage this second time.
 - The teen facilitator will ask the group members to notice how the scripture passage relates to something going on in their lives. Write this on the journal page.
 - The teen facilitator will invite everyone to share with the large group how the scripture passage relates to something going on in his or her own life.
- E. Read aloud the same selected scripture passage for a third time. Invite a different person to read the passage this third time.
 - The teen facilitator will ask the members to reflect on what this scripture passage calls them to do or be today. Write this on the journal page.
 - The teen facilitator will invite everyone to share with the large group what the scripture passage calls him or her to do or be today.
- F. To close the Bible-sharing session, the teen facilitator will invite each member to share a short spontaneous prayer out loud or in the silence of his or her heart. Close with the Our Father. Extinguish the candle and possibly sing a song.
- G. The teen facilitator will thank the members for participating in the Bible-sharing session and clarify the next meeting date, location, time, and focus scripture passage (if a passage has been selected).

Lectio Divina with Kids: Printable Resources

Lectio Divina, or "Divine Reading" as time praying with Scripture, is a priority in my classroom. I use this beautiful prayer technique weekly with my 6th-8th students, and I love the flexibility and potential it presents us. Personally, Lectio has really helped me add depth to my time reading and praying with Scripture and I firmly believe that it can be used with any age as well as bear fruit both individually and in groups.

I posted a year or so ago about the graphic organizer I use to introduce and reinforce Lectio Divina in my classroom, but the more I teach, the more I'm learning tips and strategies to guide students who learn and communicate in varied ways. I still have my original chart hanging up, but often add notes around it on the white board and a couple of weeks ago added these additional resources, which are the ones I will leave up once the students are used to referring to them.

One strategy that has worked well to explain the difference in the steps is using simple symbols:

Lectio- Read- Hold up the Bible- Read to understand

Meditatio- Meditate- Point to your head- Think about how the passage connects to your life

Oratio- Pray- We talk to God

Contemplatio- Contemplate- We listen to God (this one is the most over simplified, but you can't exactly show a visible example of Contemplatio)

So the pattern Read- Think- Pray- Listen is an easy guide for them to remember, and I think makes Lectio Divina accessible even to preschoolers. I've attached a printable below that might be helpful for younger students.

For my middle schoolers, they have the steps memorized, but to hold them accountable and to slow them down, I have them journal a little bit about each step. It's certainly not a requirement for praying Lectio Divina, but helps adapt it for classroom use. We often talk the about the passage together, hitting on Lectio and Meditatio. The students then write down a few reflections and move on to Oratio and Contemplatio individually.

While it is something they are capable of doing, I also know it's not easy, so I try to support (especially the 6th graders) with some prompts. I finally got them all typed up into nice printables instead of just scrawls on our board. ;)

The individual page is great to tuck into their Bible or folder where they work on their Lectio Divina reflections- especially for students who are having a harder time with the concept, or you can cut it into fours to use as cue cards. There is also a set with the same info each on a full page, which works great for mini posters in your classroom.

I hope that these resources help you feel equipped to share Lectio Divina and deeper prayer in Scripture with your students and children! Here are all the printables for you to use:

Lectio

Read

Read several times, be
attentive to detail

Note verses or phrases that
stand out to you

Work to understand meaning
and background

Journal Starters:

- In this passage...
- My favorite verse
was...
- I noticed...

Meditatio

Meditate

Think about the reading and
connect to your life

Imagine being present to hear
the passage or witness the
story

Journal Starters:

- This reminds me of...
- If I were there...
- I can connect this
story to...

Oratio

Pray

Dialogue with God in prayer
about the passage

Thank God for His Word

Ask Him to lead you into
deeper understanding

Journal Starters:

- Dear Jesus...
- Thank you God for...
- Please help me
understand...

Contemplatio

Contemplate

Quiet expression of love
between you and God

Note what God is trying to
teach you through the
passage and time of prayer

Journal Starters:

- I think Jesus is teaching me...
- Lord, I love you for...
- I believe...

Lectio

Meditatio

Oratio

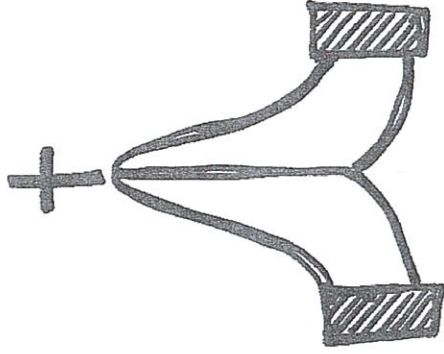
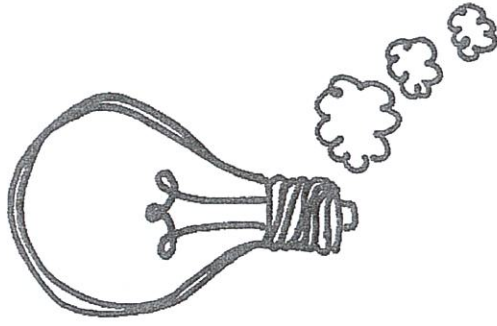
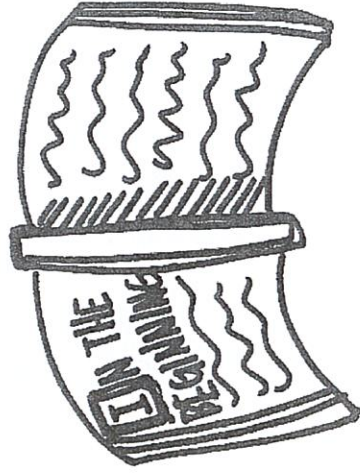
Contemplatio

Read

Meditate

Pray

Contemplate



Lectio

Meditatio

Oratio

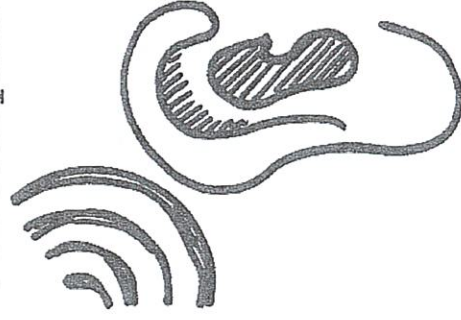
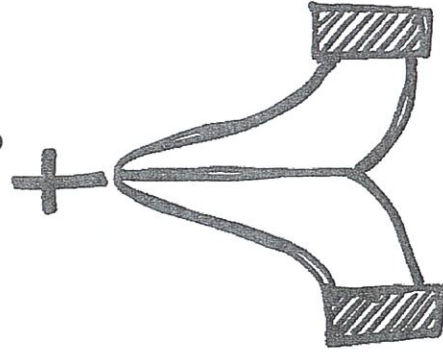
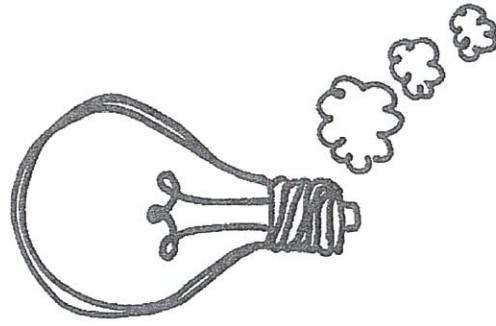
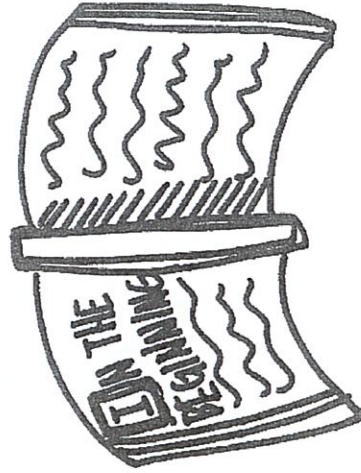
Contemplatio

Read

Meditate

Pray

Contemplate



Lectio Divina

Lectio

- “Read”
- Read several times, be attentive to detail
- Note verses or phrases that stand out to you
- Work to understand meaning and background

Meditatio

- “Meditate”
- Think about reading and connect to your life
- Imagine being present to hear the passage or witness the story

Contemplatio

- “Contemplate”
- Quiet expression of love between you & God
- Note what God is trying to teach you through the passage & time of prayer

Oratio

- “Pray”
- Dialogue with God in prayer about passage
- Thank God for His Word
- Ask Him to lead you to deeper understanding

Lectio Divina

Lectio

- “Read”

Meditatio

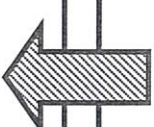
- “Meditate”

Contemplatio

- “Contemplate”

Oratio

- “Pray”



Lectio Read

Read several times, be
attentive to detail
Note verses or phrases that
stand out to you
Work to understand
meaning and background

Journal Starters:

- In this passage...
- My favorite verse was...
- I noticed...

Meditatio Meditate

Think about the reading and
connect to your life
Imagine being present to
hear the passage or
witness the story

Journal Starters:

- This reminds me of...
- If I were there...
- I can connect this story
to...

Oratio Pray

Dialogue with God in prayer
about the passage
Thank God for His Word
Ask Him to lead you into
deeper understanding

Journal Starters:

- Dear Jesus...
- Thank you God for...
- Please help me
understand...

Contemplatio Contemplate

Quiet expression of love
between you and God
Note what God is trying to
teach you through the
passage and time of
prayer

Journal Starters:

- I think Jesus is
teaching me...
- Lord, I love you for...
- I believe...

Lectio

Divina

Lectio

Read

Read several times, be attentive to detail

Meditatio

Meditate

Think about as guided by Holy Spirit

Oratio

Pray

Dialogue with God

Contemplatio

Contemplate

Wordless, quiet expression of love

"In the sacred books,
the Father who is in heaven
comes lovingly to meet his children,
and talks with them."

~CCC 104

Lectio

Divina

Lectio

Read

Read several times, be attentive to detail

Meditatio

Meditate

Think about as guided by Holy Spirit

Oratio

Pray

Dialogue with God

Contemplatio

Contemplate

Wordless, quiet expression of love

"In the sacred books,
the Father who is in heaven
comes lovingly to meet his children,
and talks with them."

~CCC 104

Lectio

Divina

Lectio

Read

Read several times, be attentive to detail

Meditatio

Meditate

Think about as guided by Holy Spirit

Oratio

Pray

Dialogue with God

Contemplatio

Contemplate

Wordless, quiet expression of love

"In the sacred books,
the Father who is in heaven
comes lovingly to meet his children,
and talks with them."

~CCC 104

Lectio

Divina

Lectio

Read

Read several times, be attentive to detail

Meditatio

Meditate

Think about as guided by Holy Spirit

Oratio

Pray

Dialogue with God

Contemplatio

Contemplate

Wordless, quiet expression of love

"In the sacred books,
the Father who is in heaven
comes lovingly to meet his children,
and talks with them."

~CCC 104

Lectio in Groups

Lectio in Groups

Lectio in Groups

Lectio in Groups

First Reading
overview & take in
listen for word or phrase
that stands out to you

First Reading
overview & take in
listen for word or phrase
that stands out to you

First Reading
overview & take in
listen for word or phrase
that stands out to you

First Reading
overview & take in
listen for word or phrase
that stands out to you

Second Reading
detailed view
“chew” on word or phrase
reflect and connect

Second Reading
detailed view
“chew” on word or phrase
reflect and connect

Second Reading
detailed view
“chew” on word or phrase
reflect and connect

Second Reading
detailed view
“chew” on word or phrase
reflect and connect

Third Reading
action
resolution
prayer

Third Reading
action
resolution
prayer

Third Reading
action
resolution
prayer

Third Reading
action
resolution
prayer