



# ST. MARY + ST. MICHAEL PARISH COMMUNITY

NEWMARKET - EXETER | NEW HAMPSHIRE

MIDDLE & HIGH SCHOOL FAMILY FORMATION RESOURCES: November 2021

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## Review: Who Is Jesus? Catholic Central Video

<https://www.youtube.com/watch?v=sOIMrXlM6u4>

## Activity: Lectio Divina

"Lectio Divina" means divine reading. Lectio is a great way to pray and get to know Jesus in a more personal way. Below are the steps to Lectio...

### 1. Read

Take a short passage from the Bible and listen to it carefully. Let it soak in. We provided a specific passage below, but you can do this with any Bible passage.

### 2. Meditate

Then, after reading or listening to the passage **twice**, consider: **what sticks out to you?** Perhaps it's a particular image, phrase, or single word. Let that be your focus, meditating on what might God be trying to show you through what stands out.

### 3. Pray

Respond to the text and to God. **Ask God to show you what He wants you to take from it.** This could lead you to offer thanks, ask forgiveness, or simply talk with God about what the passage brought to your heart.

### 4. Contemplate

Rest with God. **Be aware of God's presence with you.** Listen for His voice.

## Pray Lectio Divina using the following passage:

Mark 4:35-41 - The Calming of a Storm at Sea

*"On that day, as evening drew on, he said to them, "Let us cross to the other side. "Leaving the crowd, they took him with them in the boat just as he was. And other boats were with him. A violent squall came up and waves were breaking over the boat, so that it was already filling up. Jesus was in the stern, asleep on a cushion. They woke him and said to him, "Teacher, do you not care that we are perishing?" He woke up, rebuked the wind, and said to the sea, "Quiet! Be still!"- The wind ceased and there was great calm. Then he asked them, "Why are you terrified? Do you not yet have faith? "They were filled with great awe and said to one another, "Who then is this whom even wind and sea obey?"*

Go through the steps above for reading, meditation, prayer, and contemplation.

What does this passage reveal to you about Jesus? How do you want Jesus to move in your life?