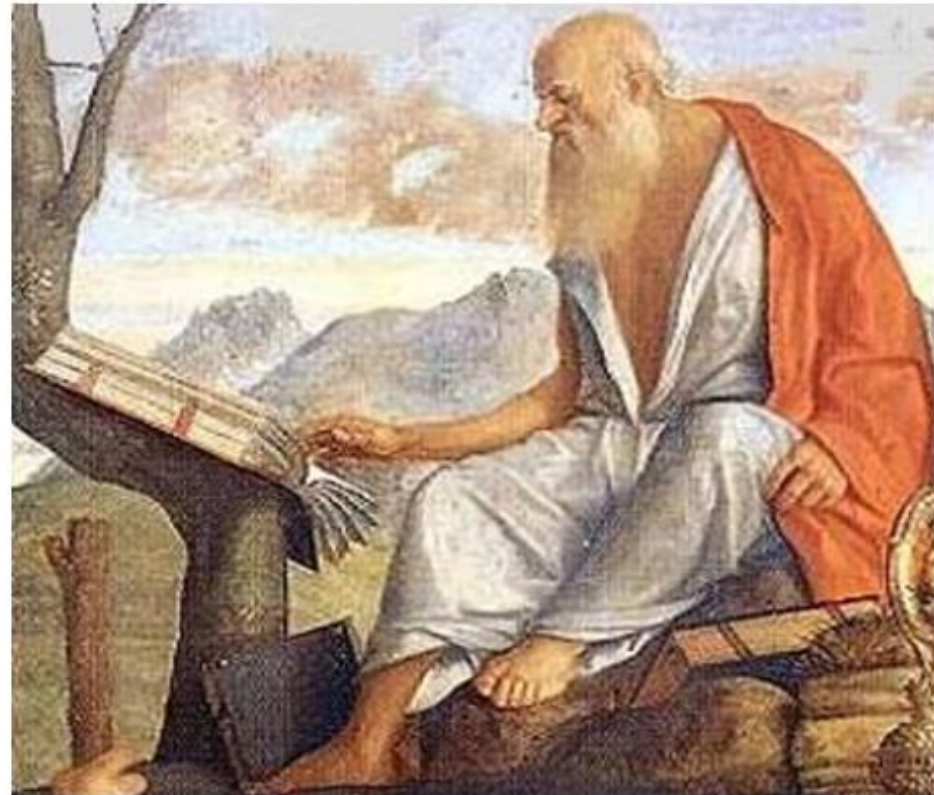


Lectio Divina, Spiritual life, & Conclusion



“We speak to Him when we pray; we hear
Him when we read the divine saying.”
St. Ambrose

Lectio Divina

- "*Lectio Divina* is a reading, on an individual or communal level, of a more or less lengthy passage of Scripture, received as the word of God and leading, at the prompting of the Spirit, to meditation, prayer and contemplation" (Synod on the Word of God, 2008)
- The Four Movements of Lectio Divina
 - *Lectio* (reading)
 - *Meditatio* (meditation)
 - *Oratio* (prayer)
 - *Contemplatio* (contemplation)
- These four movements will often overlap and move into one another



Lectio (reading)

- Preparation
 - Silence, calm, prayer to the Holy Spirit, recognition that we are approaching God's Divine Word
- Choose a passage to read from the Scriptures
 - Sunday lectionary, Gospels, Psalms, or any particular passage from the bible
 - Read it slowly and carefully and even repeatedly realizing that we are in God's and that He speaks to us
 - There is no rush and the objective is not the method but prayer
- Seek what Jesus is trying to say to us or lead us toward
 - Continue to read attentively until a particular word or phrase causes us pause
 - This will naturally lead into meditation



Meditatio (meditation)

- Reflect on the passage with which the Holy Spirit has struck us during our reading
 - Ruminare on the passage and reread it trying again to garner its meaning
 - Consider the passage from various angles
 - Read a good commentary to get a fuller sense of the passage (study vs. prayer)
 - Look for its connections to other passages
 - Allow the Word to interact with our thoughts, hopes, our memories, and affections with
- If it is a particular scene, visualize it and let it unfold in our imagination
 - Put ourselves in the event; e.g. Jesus healing the man born blind
 - See how God's Word relates to our life
- Through meditation we allow God's Word to become a living and effective reality in us and we respond to His Word through prayer



Oratio (prayer)

- Converse with God about the passage or the memories, desires, and ideas which the scripture has brought up in us
- Lift up to Him our thoughts, pains, consolations, or our fears to Him
 - Allow the word He has given us through our reading and mediation to address the things that come up from within
 - Not worrying about distractions but redirecting to the Word
- Ask God to change us through His Word and grace
 - Allow ourselves, as we really are, to be touch and healed by this Word



Contemplatio (contemplation)

- Allowing oneself to be absorbed into and rest in the living Word of God
 - “The lifting up of the heart to God tasting somewhat of the heavenly sweetness” (Guigo the Carthusian)
 - Resting in the peace He offers
 - Enjoying the light or insight given
- Silent love for God
 - Gratitude for the graces received
 - Remain detached from particular graces and when they pass return to reading, meditation, and prayer



Spiritual Reading

- *Catechism of the Catholic Church*
- *Papal encyclicals*
- *Wednesday Audiences*
- *Ignatius Catholic Study Bible*
- *In Conversation with God* (Francis Fernandez)
- *The Confessions* (St. Augustine)
- *Introduction to the Devout Life* (St. Francis de Sales)
- *Imitation of Christ* (Thomas a Kempis)
- *The Spiritual Exercises* (St. Ignatius of Loyola)
- *True Devotion to Mary* (St. Louis Marie de Montfort)
- *The Story of a Soul* (St. Therese of Lisieux)
- *He Leadeth Me* (Fr. Walter Ciszek)



Catholic Spirituality and Daily Prayer

- Essentials of the Spiritual life
 - **Mass** on Sundays and Holy Days of Obligation
 - **Easter Duty** – receiving Communion at least once a year during Lent/Easter season
 - **Confession** - once a month or after a mortal sin (Obligation of at the very least once a year)
 - **Fasting** (a full meal and two smaller meals that are less than the full meal) on Ash Wednesday and Good Friday
 - **Abstinence** (not eating meat) on Ash Wednesday, Fridays of Lent, and either abstinence or another penance every Friday unless it is a Solemnity
 - **Daily prayer** of some form
 - **Stewardship** – time, talent, treasure
- Ideas for daily prayer
 - Daily meditation
 - Liturgy of Hours
 - Daily Mass
 - Lectio Divina
 - Daily Rosary
 - Divine Mercy Chaplet
 - Prayer before and after meals
 - Examination of Conscience
 - Eucharistic Adoration
 - Spiritual reading
 - 3 Our Fathers
 - The Angelus
 - Novenas
 - Litanies
 - Prayer books

Review:

4 Pillars of the Faith

- “And they devoted themselves to the *apostles' teaching and fellowship*, to the *breaking of bread* and the *prayers*.” (Acts of the Apostles 2:42)
 1. Creed
 2. Sacraments
 3. Commandments
 4. Prayer
- Same four characteristics of the early Christian community



Apostles' Creed

- Creed
 - Summary of the Catholic Faith
 - The Creed is ordered around the greatest mystery of Faith: *The Trinity*
 - It emphasizes the central mystery of the faith: *Christ*
- Essential doctrines of the Catholic Faith
 - We consider the essential doctrines of the Catholic faith: revelation, scripture, tradition, Trinity, creation, humanity, Jesus, Incarnation, Paschal Mystery, The Holy Spirit, four marks of the Church, structure of the Church, saints, Mary



Seven Sacraments

- Sacraments (Life in Christ p. 140)
 - The nature of a Liturgy and the seven sacraments
 - Sacraments of Initiation: Baptism, Confirmation, Eucharist
 - Sacraments of Healing: Confession, Anointing of the Sick
 - Sacraments at the service of communion (vocation): Holy Orders, Marriage



Holy Baptism



Confirmation



The Eucharist



Penance



Holy Matrimony



Ordination



Extreme Unction

Ten Commandments

- Foundations of morality:
 - happiness, human actions, conscience, sources of morality, virtue, sin, social justice, law, grace
- The 10 Commandments summarize all the moral teachings of the Church
 - Love of God: fidelity to God, honoring his name, Lord's Day
 - Love of neighbor: family/society, dignity of life, human sexuality, created goods, truth



Christian Prayer

- We saw prayer as a conversation with God
 - We speak through words, thoughts, and desires
 - God speaks through our hearts, our conscience, the scriptures, the Church, etc...
- Expressions and ways of prayer
 - Adoration, praise, thanksgiving, contrition, petition, intercession
 - Vocal prayer, meditation, contemplation
 - Dispositions in prayer, Our Father, Spiritual life
 - Rosary, Liturgy of Hours, Lectio Divina



Ancient gesture of Christian Prayer
from the catacombs of Priscilla