



Praying with Scripture Resource Sheet

Prayer Method: *Lectio Divina*

Lectio Divina is a slow, rhythmic reading and praying of a Scripture passage.

Here are the steps:

1. **Read:** Pick any passage in Scripture. Slowly, thoughtfully, savor the word. Linger whenever a word or phrase touches your heart.
2. **Reflect:** What is God saying to you in this passage? Offering you? Asking you?
3. **Respond:** Respond to God from your heart. Speak to God of your feelings and insights. Offer these to God.
4. **Rest in God:** Sit quietly in God's presence. Rest in God's love.

Download a printable *Lectio Divina* prayer card [here](#).

Prayer Method: Ignatian Contemplation or Imaginative Prayer

Through the use of our imaginations we contemplate the scripture using not just the words we read, but the visual images, feelings, sights, sounds, that come to mind.

1. **Select a Scripture:** Pick a passage from one of the four Gospels: Matthew, Mark, Luke or John.
2. **Read:** Read the passage several times slowly so that you almost know the story well enough to share with another person.
3. **Imagine the Scene:** Close your eyes, and imagine the scene. Imagine what the scene looks like. Who is in the scene? What are they doing? Where are they located? What do you notice about the environment? What smells are there? What sounds? Let the Holy Spirit guide this unfolding in your mind for you.
4. **Put yourself in the scene:** As the scene begins to take shape in your mind, put yourself in the scene. Notice where you are.
5. **Notice what happens:** Let the story unfold in your mind. Stay with it until you feel nudged to move to reflection.
6. **Respond and Rest:** Share with God what you noticed and experienced. Then rest in God and let God speak to you.
7. **Reflect:** Reflect back on what you experienced in prayer. What did you learn about Jesus? About God? About another character in the scripture? About yourself?

Read more about Praying with Scripture [here](#).