CATECHIST RESOURCE

Guide to Lectio Divina

1. Choose a passage to focus on. Aim for five to ten verses. The Gospels are usually the best place to start when introducing someone to Lectio as they contain the most vivid images of Christ.

2. Create a prayerful atmosphere in the room or take students into a church/chapel.

3. Give students an opportunity to quiet down and focus themselves. Have them close their eyes and remove distractions from their mind as best they can.

4. Say a short prayer asking the Holy Spirit to guide this time of prayer and meditation. For example:

   Come Holy Spirit, open our minds and our hearts to what Our Lord wants to say to us today. Give us ears to listen and help us to be open to receiving whatever Christ has for us. Help us to remove any distractions and allow us to come to know our Lord more deeply during this time of prayer.

5. Prepare to read the passage aloud once slowly. Have students simply listen to the words the first time through, and especially for any word or phrase that jumps out at them. Have them write down that word or phrase after you finish reading. Give them two to three minutes of silence after you have completed reading it.

6. Prepare to read the passage a second time. Before you begin reading, ask the students to really imagine the scene as best they can. Tell them to engage all their senses. For example:
   - What does the scene look like?
   - What colors do they see?
   - What are people wearing?
   - What does the ground look and feel like?
   - What do they smell?
   - What sounds do they hear?
   - What do the people and crowds look like?
   - What does Jesus look like? How does His voice sound?

7. When you are done reading, have your students write down one sensory image that stood out to them. Give them two to three minutes of silence after you have completed reading it.

8. Prepare to read the passage a third and final time. Before you begin, have your students imagine themselves as a particular person in the passage.
   - Are they a member of the crowd?
Are they one of the Apostles?
Are they someone being healed?

Ask them to listen for what Jesus is personally trying to tell them through this passage and write that down once you are finished reading. Give them a more extended period of silence after this third reading, perhaps five to ten minutes.

9. Have students make a resolution to put into practice what they received in prayer. For example, will they:
   - go home that night and do something extra for their parents?
   - go to Confession in the next week?
   - commit to spending extra time in prayer this week?
   - commit to doing some volunteer work?
   - perform a particular Work of Mercy?
   - pick a particular virtue to work on cultivating?
   - work on your relationship with a friend or family member?

   Challenge them to pick something based on what they heard Christ say to them.