An invitation to Lectio Divina

Adapted from St. Mary’s Press Youth Bible: https://www.smp.org/dynamicmedia/files/8e28ded9be343cc0182889353383d699/How_to_Pray_Using_Lectio_Divina.pdf
Join The Basilica youth in the prayer of Lectio Divina, Sundays at 5:30pm through May.

Why bother? Because we all need a break from what is going on in the world.

Jesus said, "The Kingdom of God is within you." (Luke 17:21). It's not up there, out there, or anywhere else. It is within you.

Within you is a sanctuary. A holy, sacred, space. A chapel. A place where you can know God and God knows you, like no one else does.

Lectio Divina invites us into scripture, meditation, prayer, contemplation, and action. It's easy and it's incredibly calming
Lectio-Read the passage.

Find the Gospel Reading for the week.

Read it aloud or to yourself.

Read it again.

Let the words soak in.

Keep an open mind and heart.
Meditatio- Meditate

Reflect on what the scriptures say to you.
What speaks to you? What do you think, hear, and see as you read?
Is there a character in the scriptures you like? dislike? really relate to?
What can you learn from this passage?
Is there anything you want to learn more about?
Oratio- Pray

Read it again and pray.

Speak to God from the depths of your being.

What are you longing for?

It's OK to let God know your joy, grief, fear, and gratitude.

Tell God the secrets you tell no one else.

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Contemplatio-Contemplate

BE in God's presence.

Be present in your own inner chapel.
Let go of the outside noise.
Know that you are loved.
You belong to God.
Rest in God's presence.
All is well.
Actio- Take Action

What is God calling you to do or not do?

How is God challenging you?

Is there something you can do for yourself or others?
Stay Connected.

Here is a link that will also walk you through the practice of Lectio Divina:
https://www.youtube.com/watch?v=Rq7_tJ-z39E

Thank you for joining the Basilica Youth in this special prayer.
We look forward to the day when we can celebrate together in person.