

Going Deeper in Prayer

Praying with Scripture

Praying with Scripture throughout the entire year will allow you to encounter Jesus in a deeply personal way and develop a close friendship with Him. The following resources are meant to foster this process. Please consider praying with a Scripture passage every day. This can take as little as 5 minutes or 20 minutes, as planned or as time is available. (See page 3 for variations of Praying with a Scripture passage that differ the amount of time needed.)

There are 4 different Prayer Cards posted at: <http://diolc.org/catechesis/prayer/>

1. Jesus' public ministry
2. Advent and Christmas
3. Lent
4. Easter



Jesus' love for you

"Can a woman forget her nursing child, or lack compassion for the son of her womb? Though she may forget, I will not forget you! Behold, I have inscribed you on the palms of My hands..." (Isaiah 49:15-16) Jesus loves you so much that He gave His life for you. As you spend time with Him in conversation (in prayer) you will become more aware of how much Christ cares for you, and for every detail of your life. Take time each day to be with Our Lord by praying with a Scripture passage so that you come to know this to be true.

Why would you pray with Scripture passage on a daily basis?

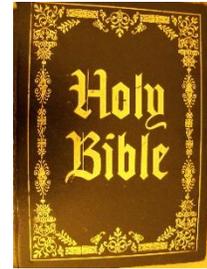
- 1) To encounter the Person of Christ each day
- 2) To enter into / go deeper in a relationship with the Person of Jesus
- 3) To come to know how much Jesus loves you, that He is faithful and that you can trust Him
- 4) To develop a habit to prayerfully read God's Word each day

Learning the Principles

- Your relationship with the Lord Himself is what really matters. One of the best ways you can encounter Jesus and dispose your heart to hear from the Lord personally is through Praying with Scripture (*Lectio Divina*).
- Praying with Scripture is a way of prayerfully pondering a Bible passage in which you encounter the Person of Christ. There is a progression that takes place that is not a method or technique but a way that incorporates the natural development of a relationship between two persons. In pondering the passage, there is a deepening process that starts in the head and goes to the heart as the Holy Spirit makes a

connection between the persons and events in the Scripture and your own personal life by reminding you of something from your life. Further, you are ultimately led to simply rest in God, to be in His Presence and listen to what Jesus might whisper to your heart through a thought or a word. The goal is communion with Christ. The Praying with Scripture prayer worksheet includes these four steps: Read, Reflect, Spontaneous Prayer and Resting in God. The worksheet is available at diolc.org/deeper

- By prayerfully pondering Scripture passages, you will grow in your friendship with Jesus by encountering Him in His Word.
- “Praying with Scripture” is commonly called *Lectio Divina*, which is Latin for Divine Reading.
- “A time-honored way to study and savor the Word of God is ‘Lectio Divina’ which constitutes a real and veritable ‘spiritual journey’ marked out in stages.” (Benedict XVI, Pope Emeritus)
- “I urge you to become familiar with the Bible, and to have it at hand so that it can be your compass pointing out the road to follow. By reading it, you will learn to know Christ. (Message of Pope Benedict XVI, World Youth Day, 2006)
- To seek the Lord and find Him in your life also means accepting His Word, which is joy for your heart. The Prophet Jeremiah wrote: “When I found Your words, I devoured them; they became my joy and the happiness of my heart” (*Jeremiah* 15:16). Learn to read and meditate on the Sacred Scriptures. There you will find an answer to your deepest questions about truth. God’s word reveals the wonders that He has accomplished throughout human history, it will fill you with joy, and it will lead you to praise and adoration: “Come, let us sing joyfully to the Lord; let us kneel before the Lord who made us” (*Psalms* 95:1,6). (Message of His Holiness Pope Benedict XVI for the Twenty-Seventh World Youth Day, 2012)
- Benedict XVI, Pope Emeritus said, “the ancient tradition of *Lectio Divina*: the diligent reading of sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to Him with trusting openness of heart...This practice will bring to the Church – I am convinced of it – a new spiritual springtime.” (Pope Benedict’s address to the International Congress commemorating the 40th Anniversary of Dei Verbum, September 16, 2005.)



Activities

- Specific Bible passages are listed below so that you may pray with Scripture during your personal prayer time each day. The best place to begin is the Gospel of Luke.
- Pick one Scripture passage and pray with it, writing out your short answers using the “Praying with Scripture” prayer worksheet found at diolc.org/deeper. It is best to pray with passages that include persons, rather than just text.
- Simple directions to pray with a Scripture passage:
 - 1) Write the Scripture chapter and verses at the top of the prayer worksheet, such as Matthew 8:23-27 (for example). First, read aloud the passage. The first time is for you to hear the passage.

- 2) Next, re-read the passage silently. This will allow you to see the words of the passage. On the worksheet, summarize what is happening in the passage in just a few sentences – to grasp the big picture. This is not about interpreting what it means; but simply to re-state the key points in 3-4 brief phrases. This allows you to work with the passage. In this 3-4 phrase summary, you are re-telling the passage as if explaining the passage to a small child.
This is about re-telling the Story from the passage in your own words and this does not need to be full, perfect sentences but only covering the most important facts.
Note: Summarizing the story is important because you need the structure of the Story line before you can go deeper
- 3) Now pick a person from the passage. You will want to choose someone that you can relate to even though you might not fully understand why at this point. You may choose to be “a silent observer” – someone standing nearby and just watching.
- 4) Then answer the three questions:
 - How do you think this person or you yourself would feel in this situation
 - Does it remind you of something or someone in your life?
 - Anything you would say or do differently. Note: This is not asking you to change the Scripture passage.
- 5) Take some quiet time to speak with Jesus, sharing your honest feelings. Don’t just think about the situation/ the life experience that came to mind, but have a heart-to-Heart talk with Jesus.
- 6) Pick a word or phrase that stood out for you / that has special meaning for you.
- 7) Read the passage again. Listen to what Jesus might whisper in your heart.
- 8) Close the time of prayer with the Our Father



Note: The Teacher’s Instruction Sheet included with the prayer worksheet has some further details if needed. This way of *Praying with Scripture* is to be very simple.

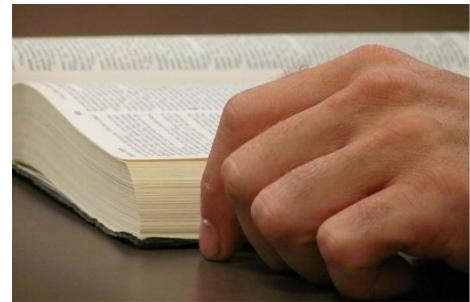
- Sometimes, completing parts of the *Praying with Scripture* format to change it up:
 1. After hearing or reading a Scripture passage, simply choose a word or phrase that stood out for you (without using the prayer worksheet).
 2. Other times, journal about a specific Scripture passage.
 3. Another choice would be to simply answer the questions interiorly.
 4. Another way is to journal about what stood out for you and why.
 5. Read the chosen passage silently and underline what stood out for you and then journal in your notebook the reason why.

6. For a fuller prayer experience, complete the prayer worksheet found here:
<http://diolc.org/deeper>

- When you speak with Jesus, you will want to pray with your heart. “Prayer is internalized to the extent that we become aware of Him ‘to whom we speak.’”
- Prayer is a vital necessity. Prayer and Christian life are inseparable. (CCC 2744-2745) In other words, when you pray with your heart, you will come to know Jesus Christ personally and deeply. As this friendship with Him grows, you will recognize more and more how much He loves you and how much you love Him. From this love, received and given, you may respond from a natural desire to be one with Him in all things, and live your life in a way that is reflective of His own. This brings much peace and joy to yourself and those around you.
- Memorize the Scripture verse: Psalm 119:105
- Play Amy Grant’s song, “Thy Word is a Lamp unto My Feet and a Light unto My Path.”

Spiritual Comprehension

- Ensure that you receive answers to clear up any misunderstandings and/or barriers in praying with a Scripture passage, such as those listed below. The answers to these statements can be found on the Praying with Scripture worksheet’s directions, pages 2-3.
 - I will mis-interpret a Scripture passage.
 - I haven’t really studied Scripture before.
 - I don’t know anything about the Bible
 - I don’t want to make a mistake.
- You will want to become familiar and very comfortable with this way of praying with Scripture by praying with a passage every day throughout the year.



Encountering God in Prayer

- In the pondering of a Bible passage, you have a privileged meeting place with Jesus.
- When you are moved during the prayer time and encounter Jesus in prayer, take time to thank Him for the gift of His Word.
- Slowly build up the amount of silence that you have in prayer. As a further progression, have a “heart-to-heart” conversation with Jesus.
- To deepen your relationship with Jesus, allow frequent times of silence in the chapel where Our Lord is reserved in the tabernacle. Acknowledge that you truly believe that the Person of Christ is in the tabernacle by a reverent genuflection and attentiveness to Him. Allow your language, when speaking about Jesus in the tabernacle, to reflect this truth.

The Universal Church (Magisterial) Sources for “Praying with Scripture” (*Lectio Divina*)

- *Dei Verbum*, n. 25
- *Catechism of the Catholic Church* paragraphs 2708, 1177
- *National Directory for Catechesis*, n. 67

- Guide for Catechists , part II, n. 7
- Novo Millennio Ineunte, Apostolic Letter of Pope John Paul II, n. 39
- Final Message from the Synod on the Word of God in the Life and Mission of the Church, n. 9
- Post-Synodal Apostolic Exhortation Verbum Domini – The Word of God by Pope Benedict XVI, n. 86-87



Sacred Art that depicts this way of praying with Scripture – putting yourself in the “scene”

- St. Francis in Sacred Art: St. Francis is pictured with the Creche to symbolize his placing himself in the passage to ponder the events and the people.

Scripture foundation

- “Thy word is a lamp unto my feet, and a light unto my path.” Psalm 119:105
- “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.” 2 Timothy 3:16
- “For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.” Romans 15:4
- “So faith comes from hearing, and hearing through the word of Christ.” Romans 10:17
- “So shall my word be that goes out from My mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.” Isaiah 55:11



Suggested Scripture PassagesNew TestamentLUKE

The Angel Gabriel announced the Birth of Jesus.	Luke 1: 26-38
The Birth of Jesus.	Luke 2: 1-14
The Visit of the Shepherds.	Luke 2:15-20
The Presentation in the Temple	Luke. 2: 22-38
The Boy Jesus in the Temple	Luke. 2: 41-52
The Baptism of Jesus.	Luke 3: 21-22
The Temptation of Jesus.	Luke 4: 1a-13
The Cure of a Demoniac.	Luke 4: 31-37
The Call of Simon the Fisherman.	Luke 5: 1b-11
The Cleansing of a Leper	Luke. 5:12-16
The Healing of a Paralytic.	Luke 5:17-26
The Call of Levi.	Luke 5:27-32
The Healing of a Centurion's Slave.	Luke 7:1-10
Raising of the Widow's Son.	Luke 7: 11-17
The Calming of a Storm at Sea.	Luke 8:22-25
Jairus's Daughter and the Woman with a Hemorrhage.	Luke 8: 40-55
The Transfiguration of Jesus.	Luke 9: 28-36
Mary and Martha.	Luke 10: 38-41
Cure of a Crippled Woman on the Sabbath.	Luke 13: 10-17
The Cleansing of Ten Lepers.	Luke 17: 11-19
The Healing of the Blind Beggar.	Luke 18: 35-43
Zacchaeus the Tax Collector.	Luke 19:1-10
The Cleansing of the Temple.	Luke 19: 45-48
The Last Supper.	Luke 22: 14-20
Peter's Denial of Jesus.	Luke 22:54-65
Jesus Before Herod.	Luke 23:6-15
The Sentence to Death.	Luke 23:18-25
The Death of Jesus.	Luke 23: 44-49
The Appearance on the Road to Emmaus.	Luke 24: 13-35
The Appearance to the Disciples in Jerusalem.	Luke 24: 36-49

MATTHEW

The Baptism of Jesus.	Matthew 3:13-17
The Call of the First Disciples.	Matthew 4:18-25
The Cleansing of a Leper.	Matthew 8:1-4
The Healing of a Centurion's Servant.	Matthew 8:5-13
The Calming of the Storm at Sea.	Matthew 8:23-27
The Healing of the Gadarene Demoniacs.	Matthew 8:28-34



The Official's Daughter and the Woman with a Hemorrhage.	Matthew 9:18-26
The Healing of Two Blind Men.	Matthew 9:27-31
Picking Grain on the Sabbath.	Matthew 12:1-8
The Man with the Withered Hand.	Matthew 12:9-14
The Walking on the Water.	Matthew 14:22-33
The Transfiguration of Jesus.	Matthew 17:1-8
The Healing of a Boy with a Demon.	Matthew 17:14-21
The Workers in the Vineyard.	Matthew 20:1-16
The Cleansing of the Temple.	Matthew 21:12-17
The Agony in the Garden.	Matthew 26:36-46
The Betrayal and Arrest of Jesus.	Matthew 26:47-56
Peter's Denial of Jesus.	Matthew 26:69-74

MARK

The Healing of the Paralytic.	Mark 2:1-12
The Calming of a Storm at Sea.	Mark 4:35-41
The Healing of the Gerasene Demoniac.	Mark 5:1-20
Jairus's Daughter and the Woman with a Hemorrhage.	Mark 5:21-43
The Rejection of Nazareth.	Mark 6:1-6
The Feeding of the Five Thousand.	Mark 6:34-44
The Walking on the Water.	Mark 6:45-52
The Syrophenician Woman's Faith.	Mark 7:24-30
The Healing of the Deaf Man.	Mark 7:31-37
The Feeding of the Four Thousand.	Mark 8:1-16
The Blind Man of Bethsaida.	Mark 8:22-26
The Transfiguration of Jesus.	Mark 9:2-8
The Rich Man.	Mark 10:17-31
The Blind Bartimaeus.	Mark 10:46-51
Anointing at Bethany.	Mark 14:3-9
The Agony in the Garden.	Mark 14:32-42
The Betrayal and Arrest of Jesus.	Mark 14:43-52
The Appearance to Mary Magdalene.	Mark 16:9-11

JOHN

The wedding at Cana.	John 2: 1-12
Cleansing of the Temple.	John 2: 13-25
The Samaritan Woman.	John 4: 1-41
Cure on a Sabbath.	John 5: 1-18
Multiplication of the Loaves by Jesus.	John 6: 1-15
Jesus forgives a Woman Caught in Adultery.	John 8: 1-8
Jesus heals the Man Born Blind.	John 9: 1-40

The Raising of Lazarus.	John 11: 1-43
The Anointing at Bethany.	John 12:1-11
The Washing of the Disciples' Feet.	John 13: 1-20
Peter's First Denial.	John 18:1-18
Jesus' Appearance to Mary Magdala.	John 20: 11-18
Jesus' Appearance to the Disciples.	John 20: 19-29
The Appearance of Jesus to the Disciples.	John 21:1-14
Jesus and Peter run to the tomb.	John 21: 15-19

Old Testament

Creation of Adam and Eve	Genesis 2:7-24
The Fall of Adam and Eve	Genesis 3:1-21
Noah and the Flood	Genesis 6:5-22 7:1-23
Abraham and the Call of God	Genesis 18:3-22
Abraham and the Obedience of Faith – the Sacrifice of Isaac	Genesis 22:1-14
Recommended: the entire story of Joseph – 10 verses at a time (Joseph is a type of Christ)	
Joseph being sold into slavery	Genesis 38:12-28
Joseph forgives his brothers	Genesis 45:1-15
Moses and the Burning Bush	Exodus 3:1-22
Moses and the Golden Calf	Exodus 32:1-29
Moses and the Ten Commandments – Laws of Love	Exodus 34:1-9
Moses and Crossing the Red Sea	Exodus 15:13-30
David's anointing as king	1 Samuel 16:1-23
Jeremiah speaks to King Zedekiah of God's will	Jeremiah 38:2-23
Judas Maccabees retakes the Temple	1 Maccabees 4:36-59