



Lent

Praying with a Scripture Passage

Lent is a good time to look at your spiritual life. Is your relationship with Christ alive and vibrant? Do you take time for daily prayer?

There are a variety of ways to develop your relationship with Jesus. The following offers one of the treasures of our Catholic heritage as a tool for your personal spiritual growth. Praying with Scripture is a way of spending time with a Scripture passage and allowing the Holy Spirit to make a connection between the passage and your own life.

Set aside this time of prayer, three times per week as a gift to yourself – a time to rest in God’s presence. Nothing is more important than your loving relationship with God.

Week 1: Reflecting on God’s Infinite and Unconditional Love

Commit to a 15-minute prayer time for each Scripture passage below, praying with one Scripture per day. Use the Praying with Scripture prayer worksheet on the back of this page to record your responses. Begin your prayer time by asking for this specific grace: **“Dear Lord, please grant me the grace of a deeper experience of Your personal love for me.”** You will not only come to know that God is love, but experience God’s personal love.

- Luke 1:26-38 Mary’s “Yes” allows the Savior to come into the world.
- Luke 2:1-20 God becomes man to save me.
- Luke 2:41-50 Jesus is eager to

begin His Father’s will.

If you received the grace to experience God’s personal love for you, move on to Week 2. If not, repeat the process of praying with each Scripture, one per day, and continue asking for this grace until you receive it. It is necessary to know how much God loves you before focusing on personal sin.

Week 2: Reflecting on Personal Sin

Use the same directions as Week 1. Grace to be prayed for: **“Dear Lord, please grant me the grace of intense sorrow for my sins.”**

- Genesis 3:1-19 God promises a Savior immediately after the sin of our first parents.
- Psalm 51 Be merciful Lord for I have sinned.
- Luke 15: 11-32 God’s abundant mercy is incomprehensible. Consider receiving the Sacrament of Confession. These Scriptures dispose you to receive the grace of sorrow.

Week 3: Reflecting on the Life of Christ

During Week 3, pray with one Scripture per day using the same directions as Week One. Grace to be prayed for: **“Dear Lord Jesus, please grant me the grace to know You more intimately, love You more intensely, and follow You more faithfully.”**

- Matthew 3:13-17 Jesus is called forth by his Father to begin His saving work.
- John 2:1-11 Jesus’ response is called forth by Mary. His public

ministry begins.

- Matthew 17:1-8 Jesus discloses His divine glory.

Weeks 4: Reflecting on the Passion and Death of Jesus

In this series of Scripture passages, reflect on the Passion and Death of Jesus. Grace to be prayed for: **“Dear Jesus, please grant me the grace to enter into sorrow and grief as I stay with You. Help me understand the suffering You endured on my behalf.”**

- Luke 22:14-20 Jesus gives me His Body and Blood – the total gift of Himself.
- Matthew 26:36-46 Jesus calls me to watch in prayer with Him as He surrenders to the Father’s will.
- John 19:25-30 Jesus accomplishes the Father’s will without reservation.

Week 5: Reflecting on the Resurrection of Jesus

Grace to be prayed for: **“Dear Jesus, please grant me the grace to enter into Your joy and consolation in the victory of Your risen life.”**

- Matthew 28:1-10 Jesus is risen! He appears to His followers.
 - Acts 1:8-11 Jesus promises to remain with me and come again.
 - Acts 2:1-12 The promised Holy Spirit descends upon the Church. Church.
- In reflecting on these Scripture passages, you can rest assured that time spent with the Lord during Lent will lead to a truly meaningful Easter! By Ann Lankford

Praying with Scripture
Modified *Lectio Divina* (Divine Reading)

Read

1. Read the passage out loud (if possible), slowly, simply to become familiar with it.

Reflect

2. Read the passage again, silently.

Ask the Lord to let you read and “hear” it as if this was the first time;

How would you re-tell this story in your own words? (Not more than 5 or 6 sentences.)

Spontaneous **3. Pick one person from the passage: _____.**

Prayer

Imagine that you are in this person’s “shoes.”

(Note: If the passage does not specifically name persons in its text, simply see if the words themselves evoke any particular feeling. Does it call to mind a previous, or presently occurring, incident or relationship in your life?)

A. How does it feel to be in this situation?

B. Does it remind you of something or someone in your life?

C. Is there anything you would say or do differently?

D. Have a “heart to Heart” talk with Jesus sharing your honest feelings about anything that has come to mind in reference to your reflecting on this passage. It might be something that is weighing heavily on your heart, or something that moves you to a deep sense of gratitude and joyful praise.

Choose one word or phrase from this passage that has a special meaning for you _____.

Resting in God **4. Read the passage again. Close your eyes. Think of your favorite picture of Jesus and LISTEN to HIM.**

(Spend this time in simple silence, waiting and quietly listening for whatever the Lord might “whisper” in your heart.)