

My Lectio Divina Bible Journal



A Catholic Guide
to *Lectio Divina*
Advent 2017

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*“Prayer does not change
God, but it changes the
person who prays”*

Søren Kierkegaard

Though Lectio means “to read” the practice of Lectio Divina is much more than reading.

What is Lectio Divina

Traditionally, *Lectio Divina* is a method of praying the Scriptures, the Word of God. Though “lectio” means “to read,” the practice of *Lectio Divina* (*Lectio* for short) is much more than reading. The Church has been praying the Scriptures in this form from the beginning before literacy was widespread.

Lectio is more about active listening which engenders both our response and hopefully, lasting peace. Let’s break that down into the 4 phases or movements of *Lectio Divina*:

- ◇ Lectio—Reading
 - ◇ This is where we first encounter our Scripture verse or passage. We are encouraged to read the passage aloud more than once, engaging our senses of sight, speech and hearing.
- ◇ Meditatio—Meditation
 - ◇ After spending time with our Scripture, we choose a word or short phrase that is standing out to us. Perhaps it triggered a memory, a worry, or a joy. Maybe it caused us to consider the passage in a new light or highlights behaviors we need to improve upon.
- ◇ Oratio—Prayer
 - ◇ How is this word or phrase speaking to us? What is God calling us to do with the newfound knowledge or awareness.
- ◇ Contemplatio—Contemplation
 - ◇ Here we rest in God. We silence ourselves and sit in stillness as we adore our Creator, the Author of Life.

Daily Lectio

Lectio on your own

This is a guide for praying *Lectio Divina* on your own. The times are approximated for reference however each person is going to spend more or less time in each phase as moved by the Spirit.

- ◇ Quiet yourself. Find a place that is peaceful and comfortable.
- ◇ **Lectio:** Read your chosen passage or verse aloud. Read clearly, with intention and without rushing. Try not to think about placing special emphasis on any one word or phrase (as you would if reading to a group). Rather, let the words flow and feel their movement resonate around you. (approx. 5-10 minutes)
 - ◇ Ideally, read your passage or verse aloud 2-3 times.
- ◇ **Meditatio:** What word or phrase stood out to you after the first read through? What about in the subsequent readings? Was the same word illuminated or was your attention drawn elsewhere? (approx. 5 minutes)
 - ◇ Write your word or phrase down in your journal.
- ◇ **Oratio:** Using the space provided in your journal, pray and reflect on what your revealed word or phrase means to you. What is God trying to say to you, show you, teach you, in this word. If you wish, you may compose a prayer which you may write in your journal. (10 minutes).
- ◇ **Comtemplatio:** Sit in stillness and peace, resting in the presence of our loving God. Here is where we silence our own words and reactions to the text. We allow silence to fill our mind and soul so that we might better hear the whisperings of God in our spirit. Be gentle with yourself. If you find your mind wanders, acknowledge the distraction and try to let it pass away while you turn your attention back to your contemplation. (at least 5 minutes).

◇

How to Use Your Journal

A General Guide

Keep track of when you experienced this Scripture and what was happening in your life that influenced your insights and journaling

My Lectio

Copy your chosen verses here or simply record the citation

Date: _____

What's on your mind:

Scripture Focus:

Your word or phrase

Word

Dearest Father:

Your prayer, reflections,
petitions or praises

Bringing the Word to Life

How can you
carry your
Word forward?



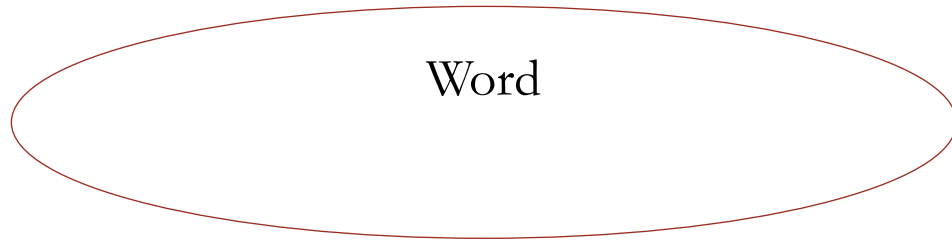
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The First Sunday of Advent - December 3, 2017

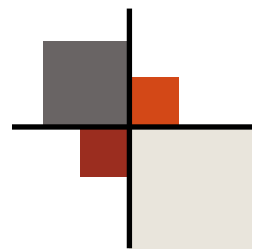
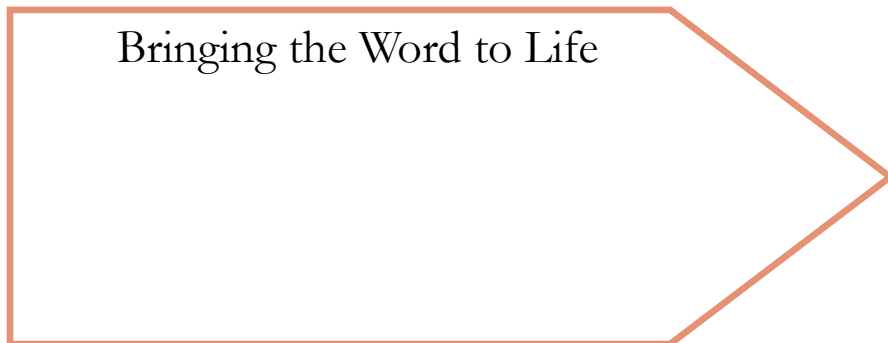
What's on your mind:

Scripture Focus:

Yet, Lord, you are our Father; we are the clay
and you the potter: we are all the work of
your hand. (Is 64:7)



Dearest Father:



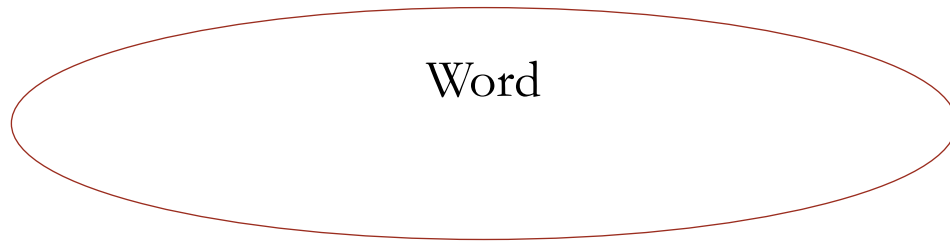
My Lectio

Monday - December 4, 2017

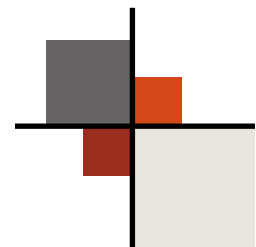
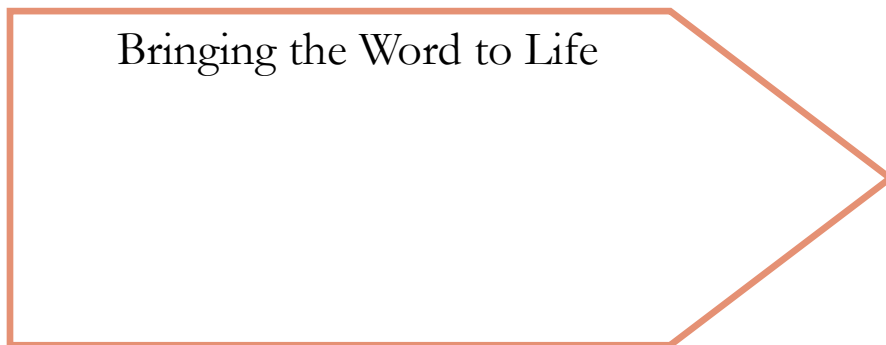
What's on your mind:

Scripture Focus:

Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed. (Matt 8:8)



Dearest Father:



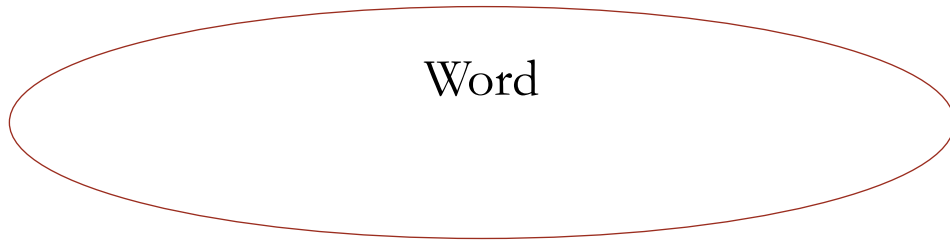
My Lectio

Tuesday - December 5, 017

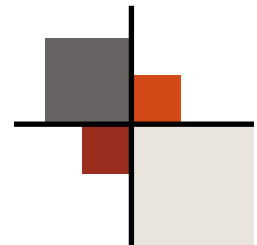
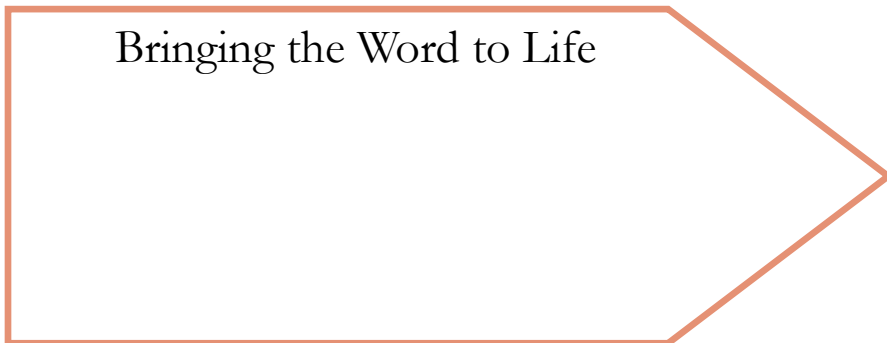
What's on your mind:

Scripture Focus:

The Spirit of the LORD shall rest upon him: a Spirit of wisdom and of understanding,, a Spirit of counsel and of strength, a Spirit of knowledge and of fear of the LORD, and his delight shall be the fear of the LORD. (Is 11:2-3a)



Dearest Father:



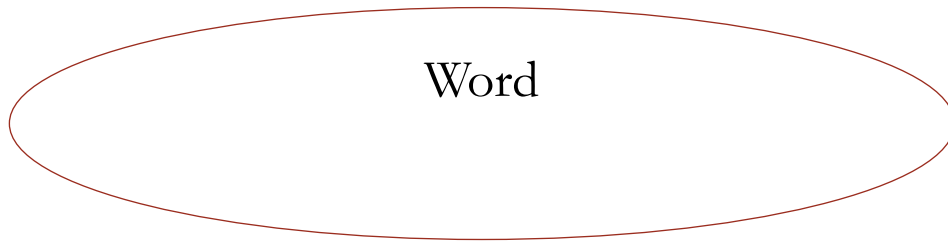
My Lectio

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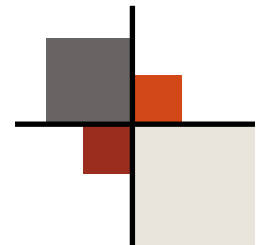
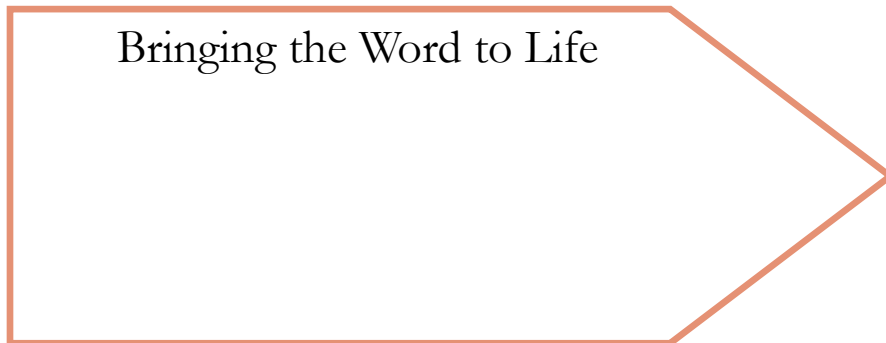
What's on your mind:

Scripture Focus:

They placed them at his feet, and he cured them. The crowds were amazed when they saw the mute speaking, the deformed made whole, the lame walking, and the blind able to see, and they glorified the God of Israel. (Matt 15:30b-31).



Dearest Father:



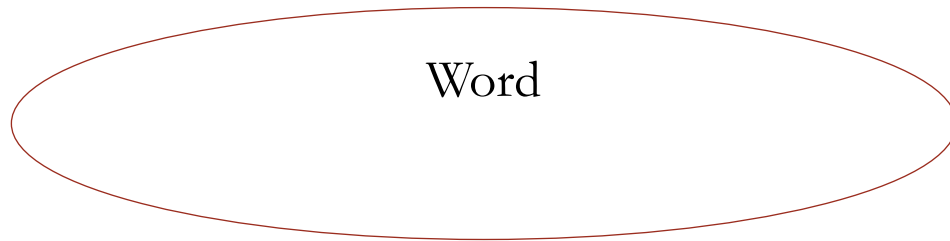
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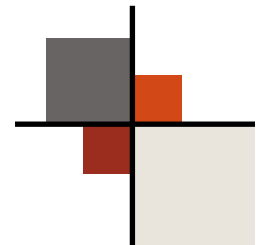
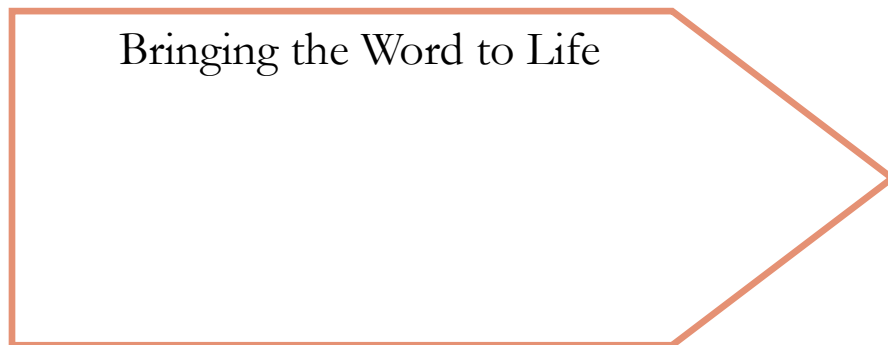
What's on your mind:

Scripture Focus:

Not everyone who says to me, 'Lord, Lord,' will enter the Kingdom of heaven, but only the one who does the will of my Father in heaven. (Mt 7:21).



Dearest Father:



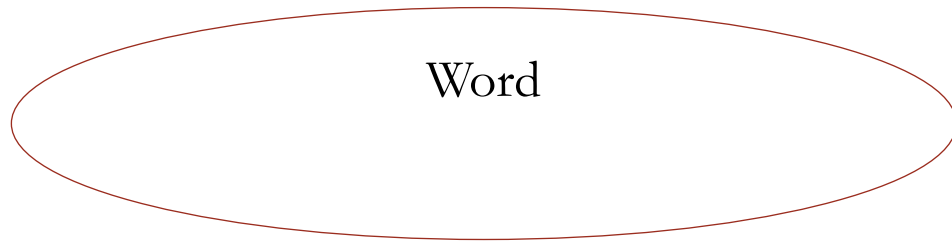
My Lectio

Solemnity of the Immaculate Conception—December 8, 2017

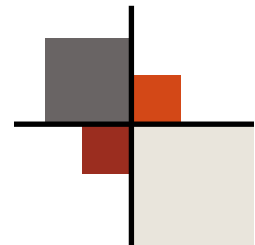
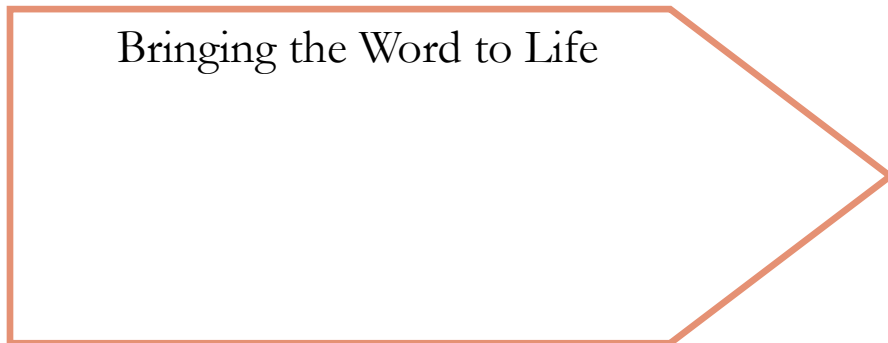
What's on your mind:

Scripture Focus:

Behold, I am the handmaid of the Lord. May it be done unto me according to your word. (Luke 1:38)



Dearest Father:



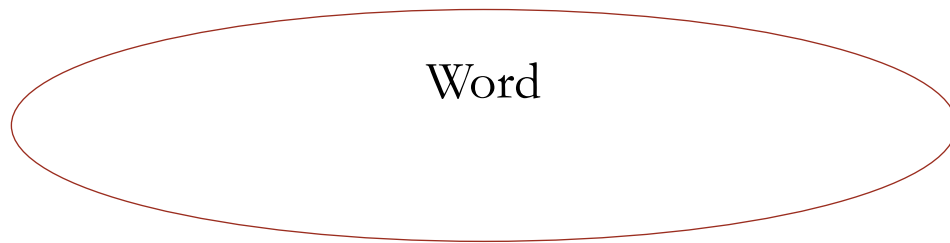
My Lectio

Saturday - December 9, 2017

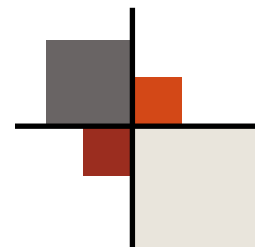
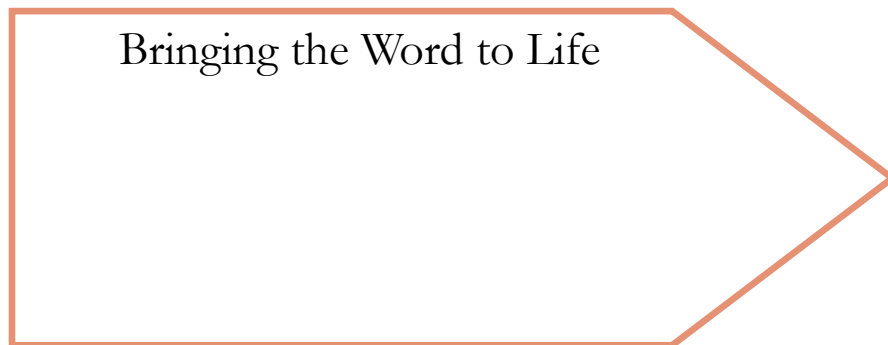
What's on your mind:

Scripture Focus:

Go to the lost sheep of the house of Israel. As you go, make this proclamation: 'The Kingdom of heaven is at hand.' Cure the sick, raise the dead, cleanse lepers, drive out demons. Without cost you have received; without cost you are to give. (Mt 10:6-8)



Dearest Father:



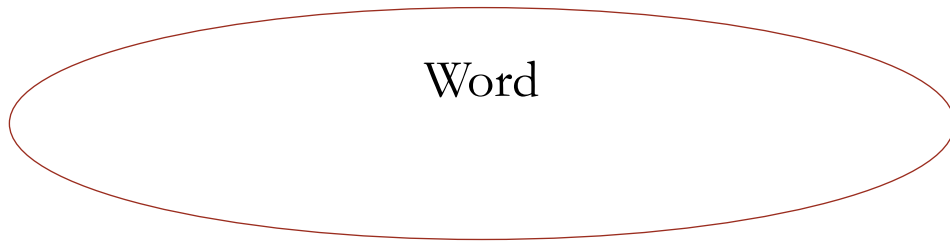
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The Second Sunday of Advent - December 10, 2017

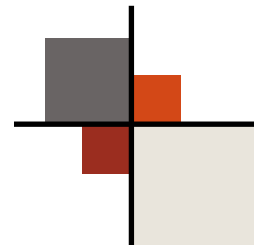
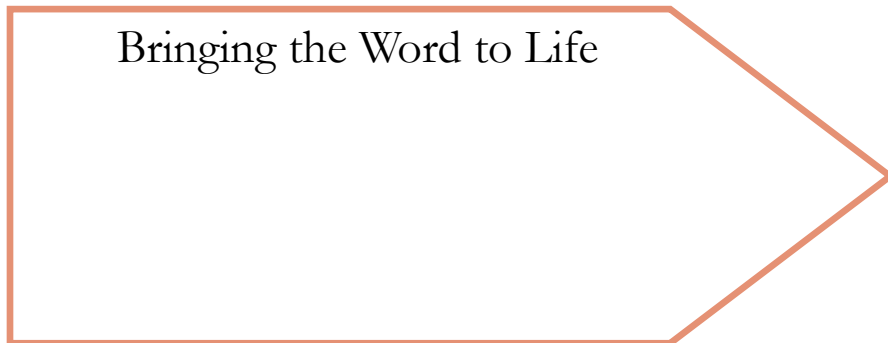
What's on your mind:

Scripture Focus:

A voice cries out: In the desert prepare the way of the LORD! Make straight in the wasteland a highway for our God! (Is 40:3)



Dearest Father:



My Lectio

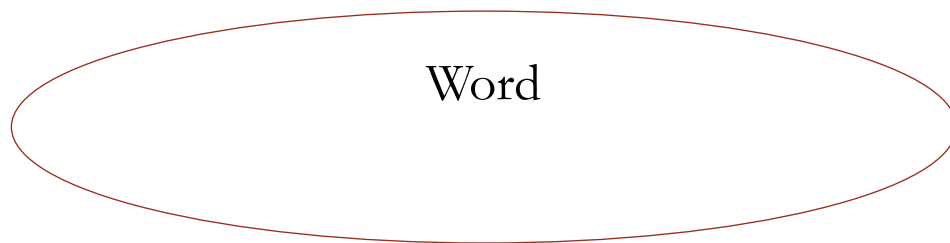
Monday - December 11, 2017

What's on your mind:

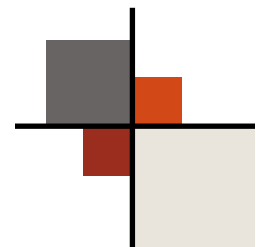
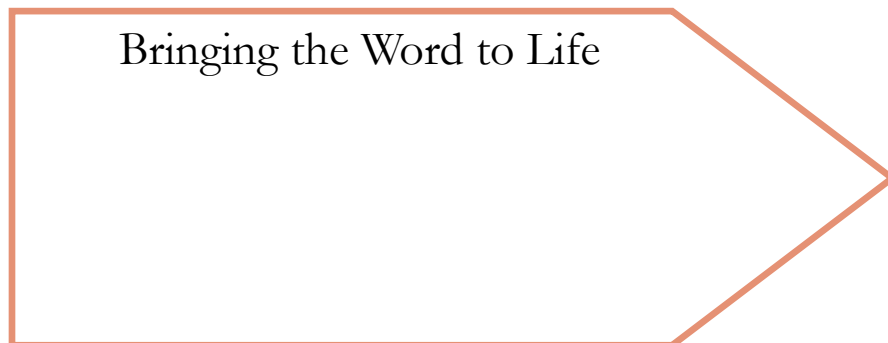
Scripture Focus:

When Jesus saw their faith, he said, "As for you,
your sins are forgiven."

Luke 5:20



Dearest Father:



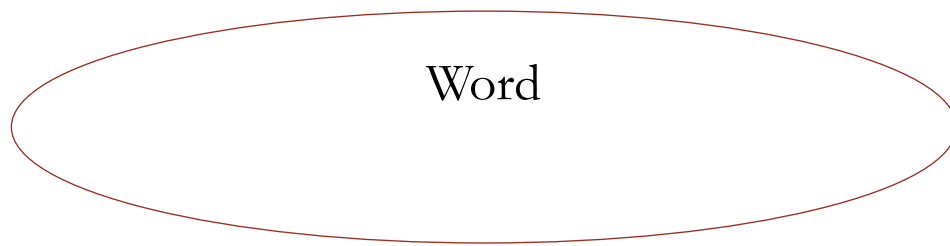
My Lectio

Our Lady of Guadalupe - December 12, 2017

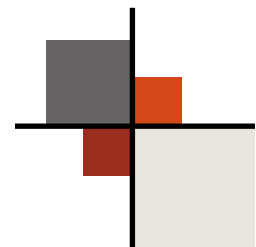
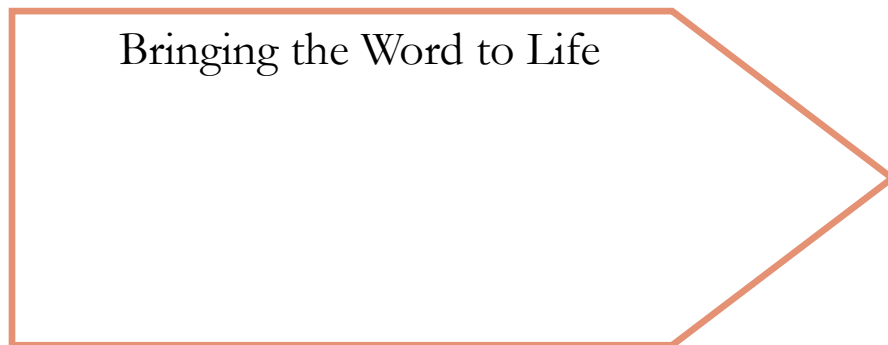
What's on your mind:

Scripture Focus:

Blessed are you who believed that what was spoken to you by the Lord would be fulfilled.
(Lk 1:45)



Dearest Father:



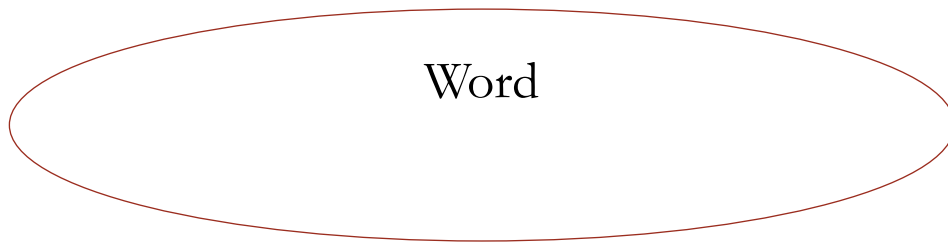
My Lectio

Memorial of St. Lucy - December 13, 2017

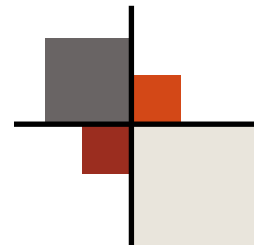
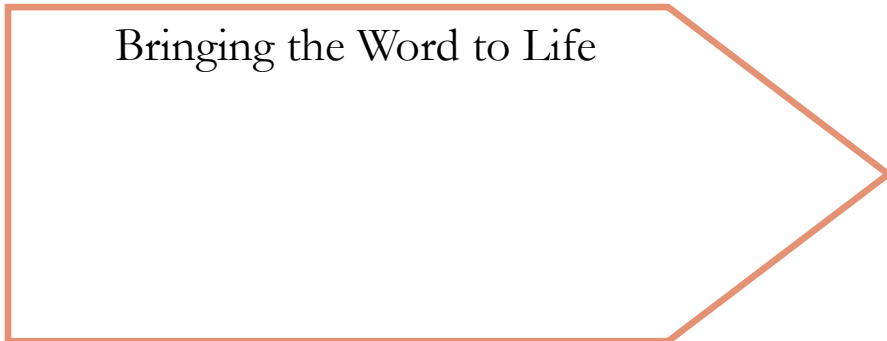
What's on your mind:

Scripture Focus

Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light. (Mt 11:28-30)



Dearest Father:



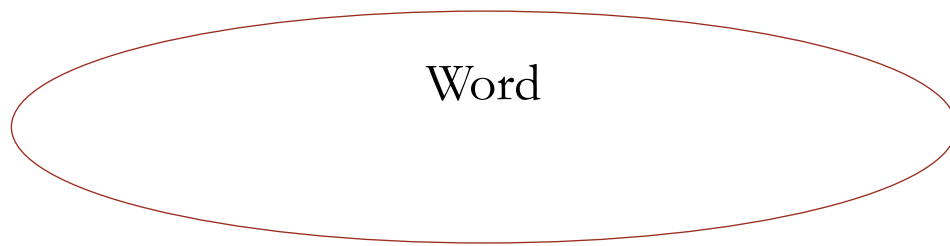
My Lectio

Memorial of St. John of the Cross - December 14, 2017

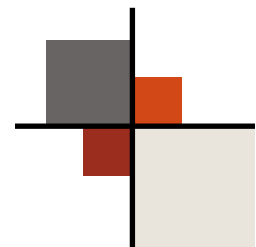
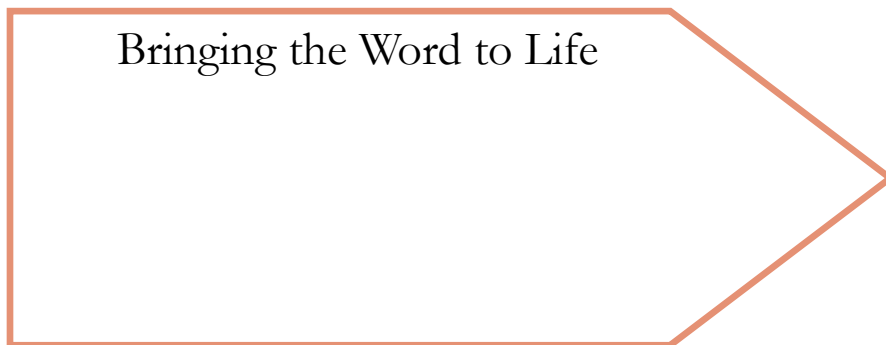
What's on your mind:

Scripture Focus:

The afflicted and the needy seek water in vain,
their tongues are parched with thirst. I, the
LORD, will answer them; I, the God of Israel,
will not forsake them. (Is 41:17)



Dearest Father:



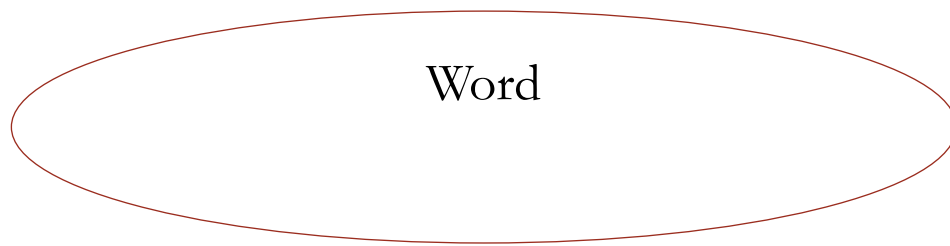
My Lectio

Friday - December 15, 2017

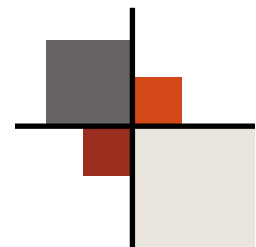
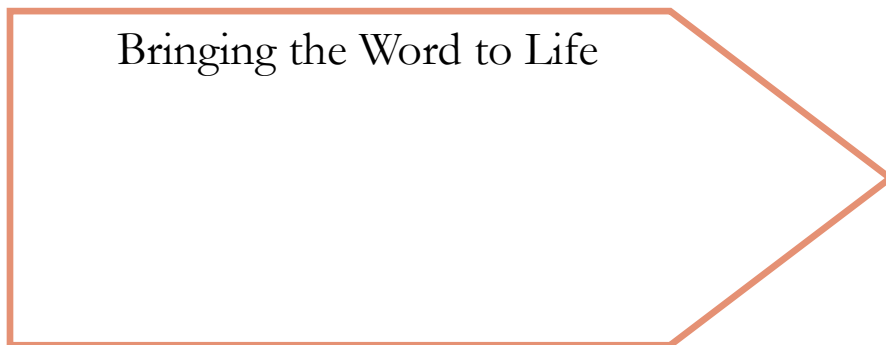
What's on your mind:

Scripture Focus:

Thus says the LORD, your redeemer, the Holy One of Israel: I, the LORD, your God, teach you what is for your good, and lead you on the way you should go. (Is 48:17)



Dearest Father:



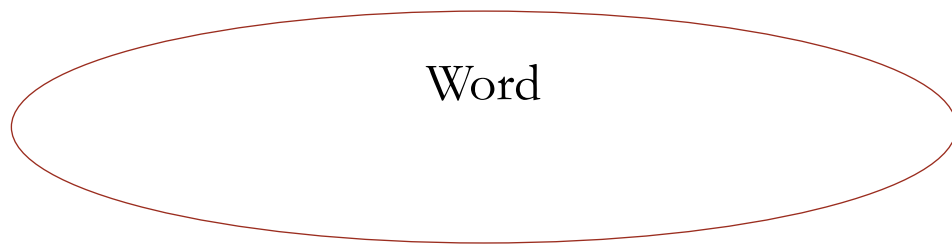
My Lectio

Friday - December 16, 2017

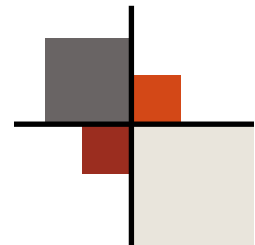
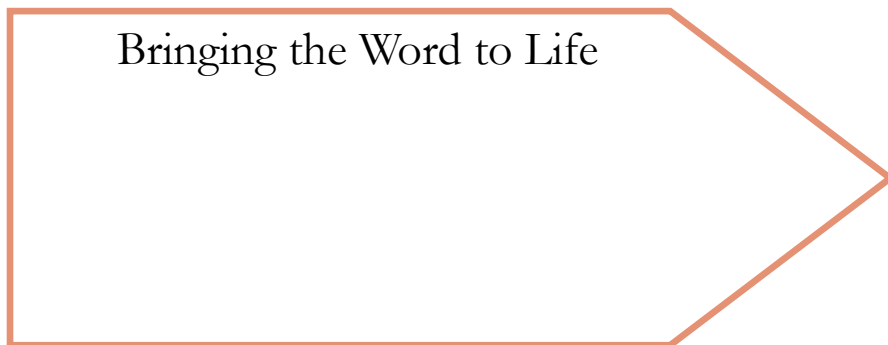
What's on your mind:

Scripture Focus:

Once again, O LORD of hosts, look down from heaven, and see; Take care of this vine, and protect what your right hand has planted the son of man whom you yourself made strong. (Psalms 80:15-16)



Dearest Father:



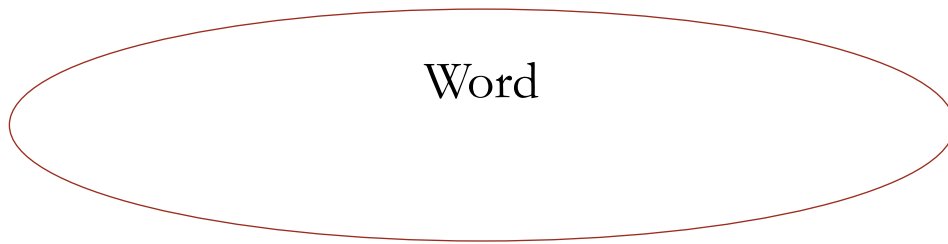
My Lectio

The Third Sunday of Advent - December 17, 2017

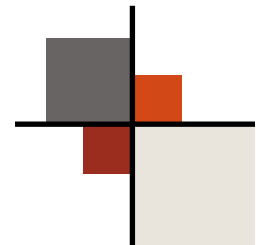
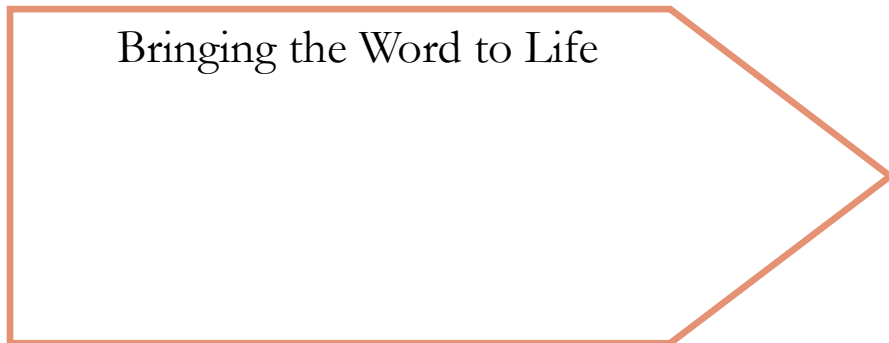
What's on your mind:

Scripture Focus:

May the God of peace make you perfectly holy and may you entirely, spirit, soul, and body, be preserved blameless for the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will also accomplish it. (1 Thess 5:23-24)



Dearest Father:



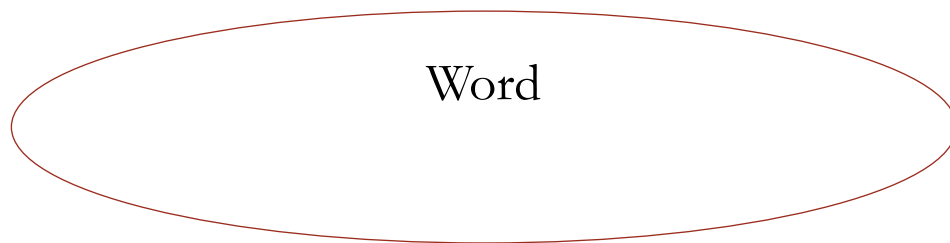
My Lectio

Monday - December 18, 2017

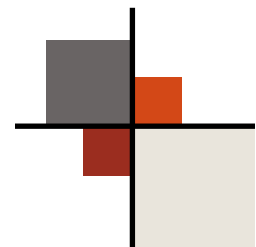
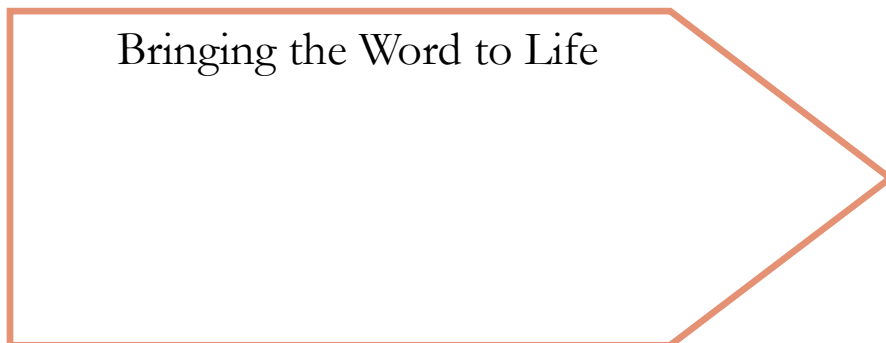
What's on your mind:

Scripture Focus:

For it is through the Holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins. (Mt 1:20b-21)



Dearest Father:



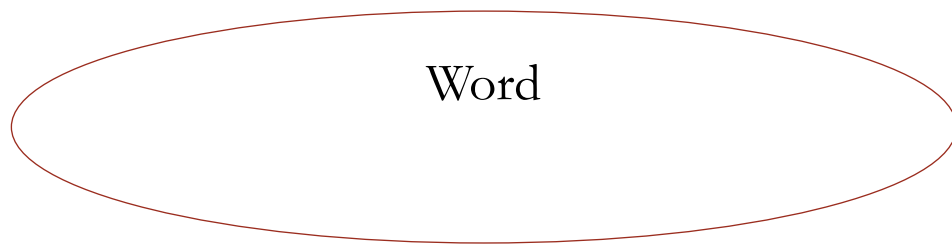
My Lectio

Tuesday - December 19, 2017

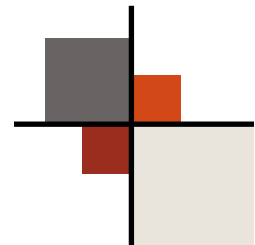
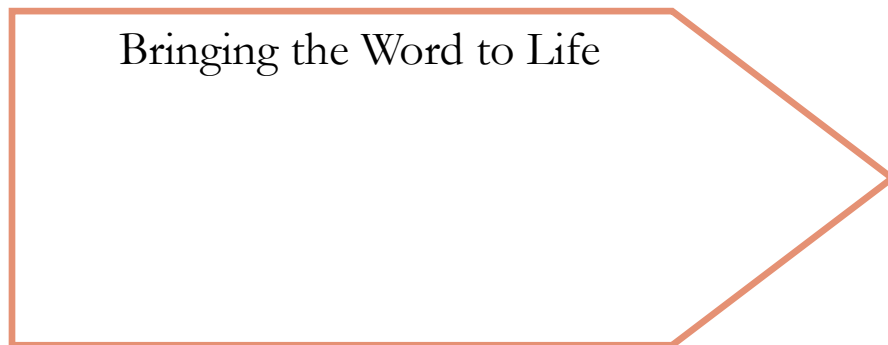
What's on your mind:

Scripture Focus:

He will go before him in the spirit and power of Elijah to turn the hearts of fathers toward children and the disobedient to the understanding of the righteous, to prepare a people fit for the Lord. (Lk 1:17)



Dearest Father:



My Lectio

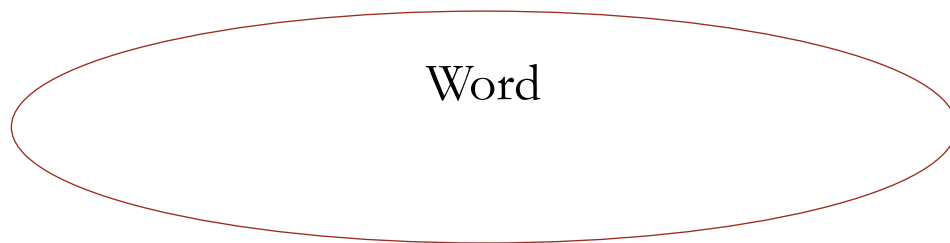
Wednesday - December 20, 2017

What's on your mind:

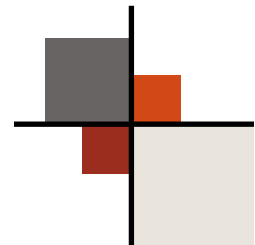
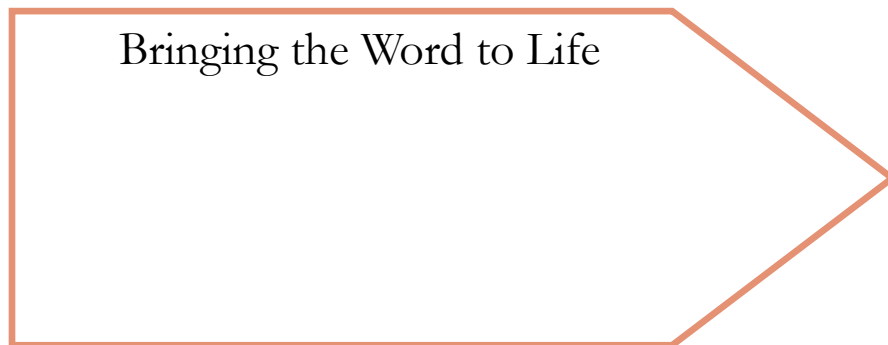
Scripture Focus:

For nothing will be impossible for God

(Lk 1:37)



Dearest Father:



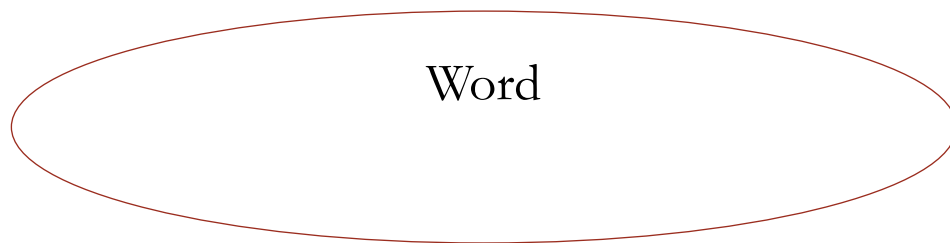
My Lectio

Thursday - December 21, 2017

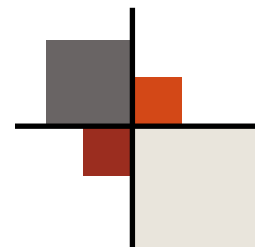
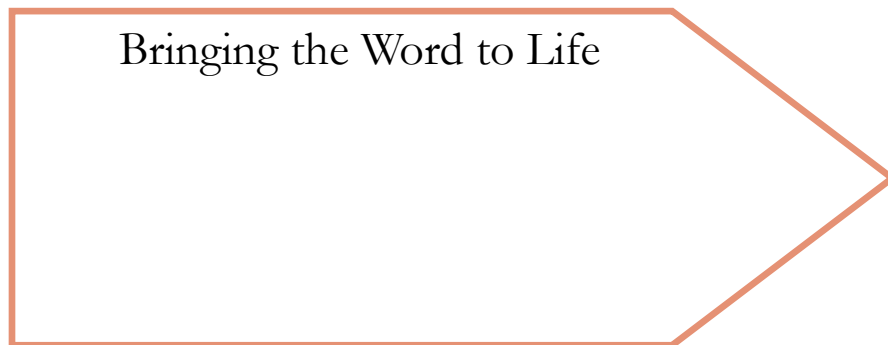
What's on your mind:

Scripture Focus:

Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? (Lk 1:42b-43)



Dearest Father:



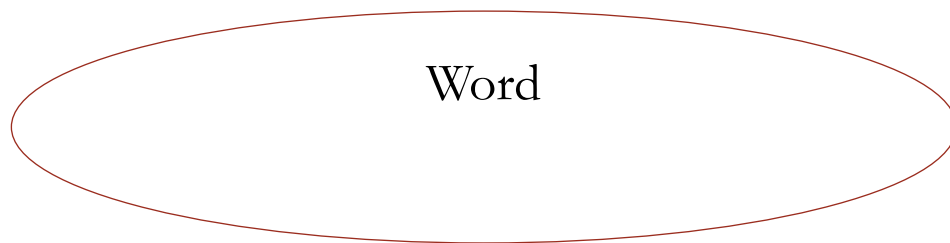
My Lectio

Friday - December 22, 2017

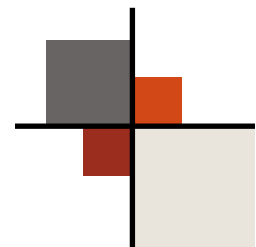
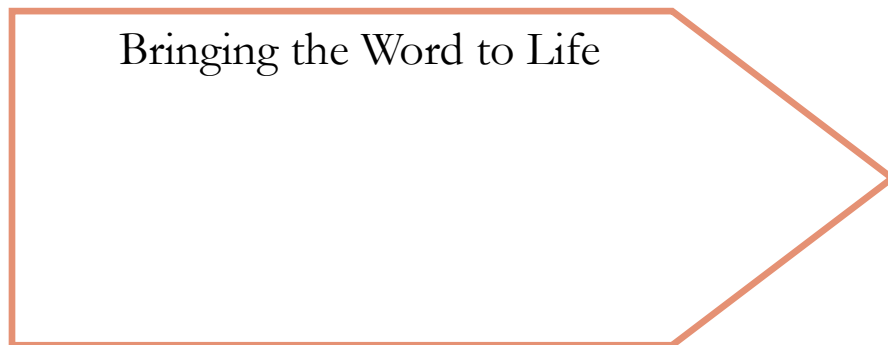
What's on your mind:

Scripture Focus:

My soul proclaims the greatness of the Lord;
my spirit rejoices in God my savior. for he has
looked upon his lowly servant. (Lk 1:46-47)



Dearest Father:



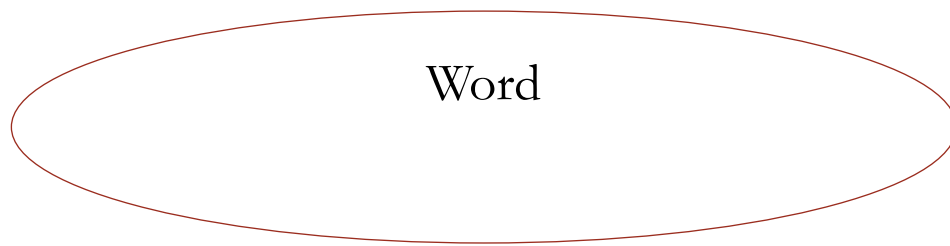
My Lectio

Saturday - December 23, 2017

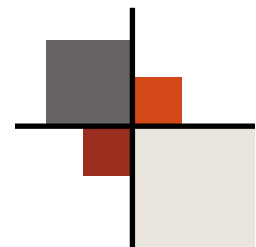
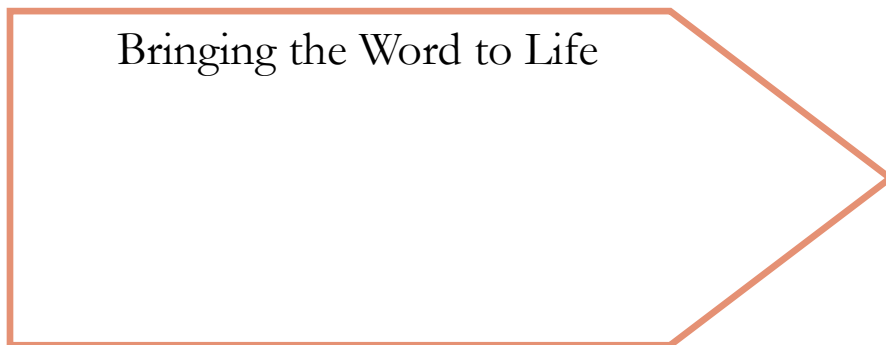
What's on your mind:

Scripture Focus:

He will sit refining and purifying silver, and he will purify the sons of Levi, Refining them like gold or like silver that they may offer due sacrifice to the LORD. (Mal 3:3)



Dearest Father:



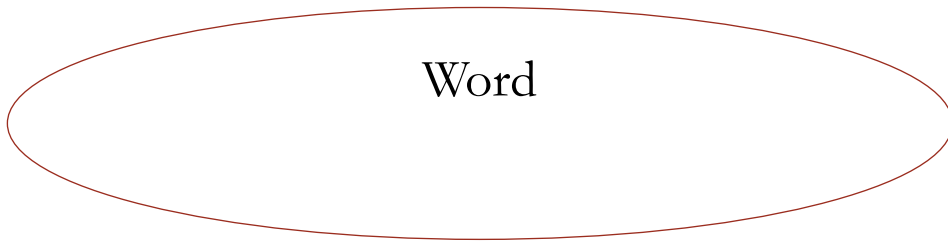
My Lectio

The Fourth Sunday of Advent - December 24, 2017

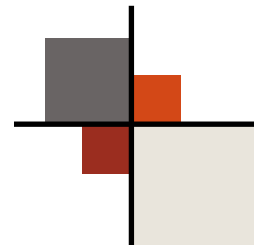
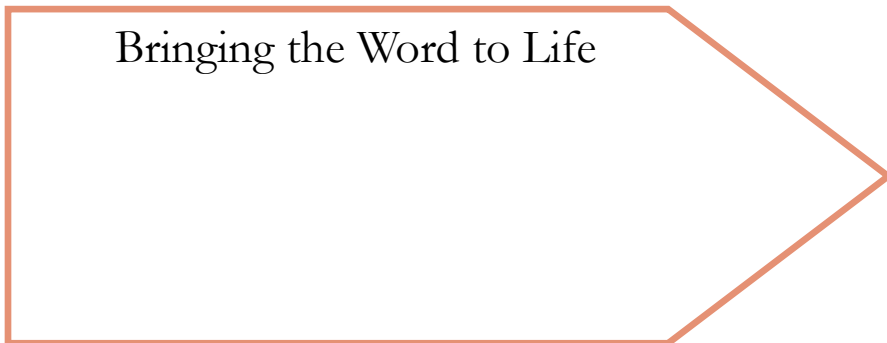
What's on your mind:

Scripture Focus:

Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end. (Lk 1:31-33)



Dearest Father:



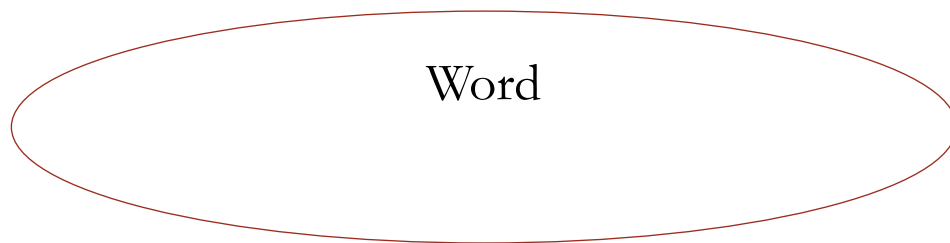
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Christmas Eve Vigil - December 24, 2017

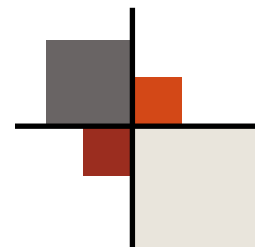
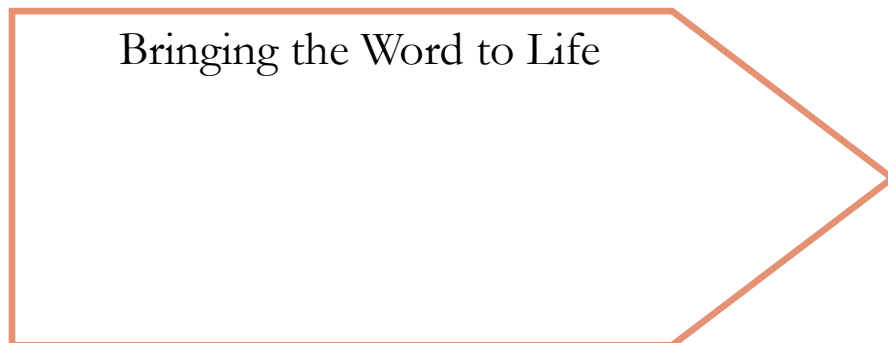
What's on your mind:

Scripture Focus:

No more shall people call you "Forsaken," or your land "Desolate," but you shall be called "My Delight," and your land "Espoused." For the LORD delights in you and makes your land his spouse. (Is 62:4)



Dearest Father:



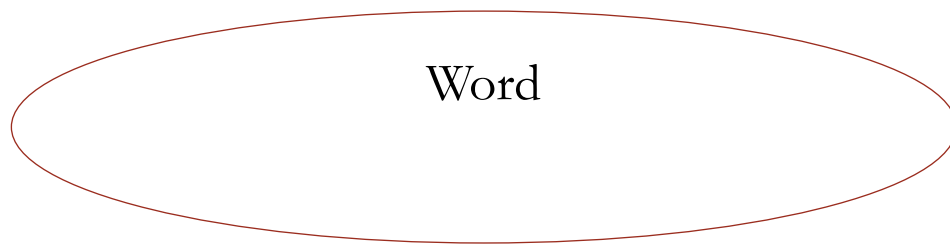
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Christmas Day - December 25, 2017

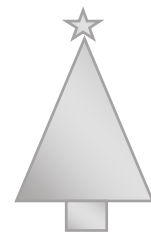
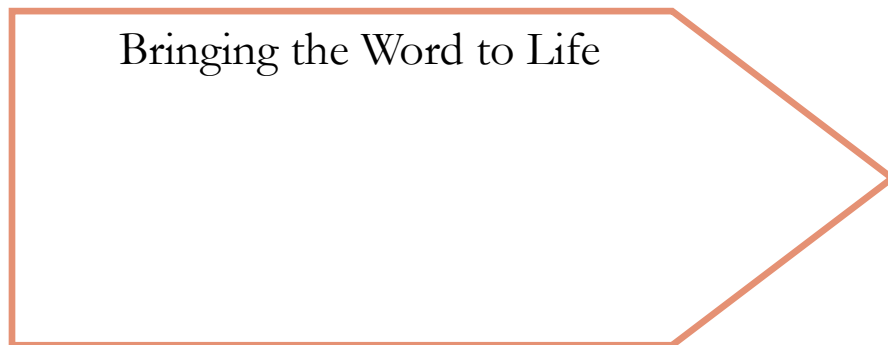
What's on your mind:

Scripture Focus:

And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son. (John 1:14)



Dearest Father:



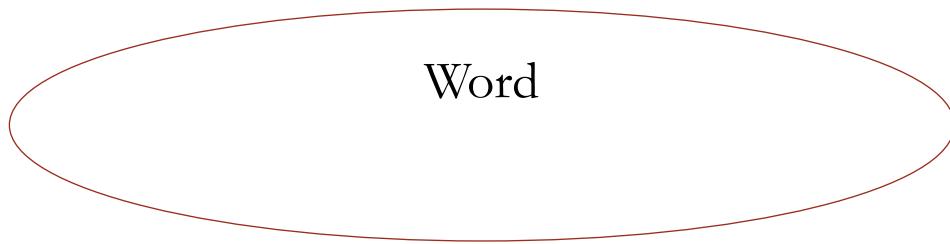
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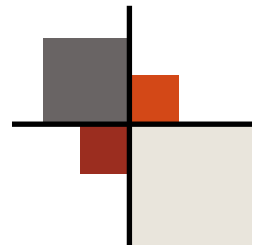
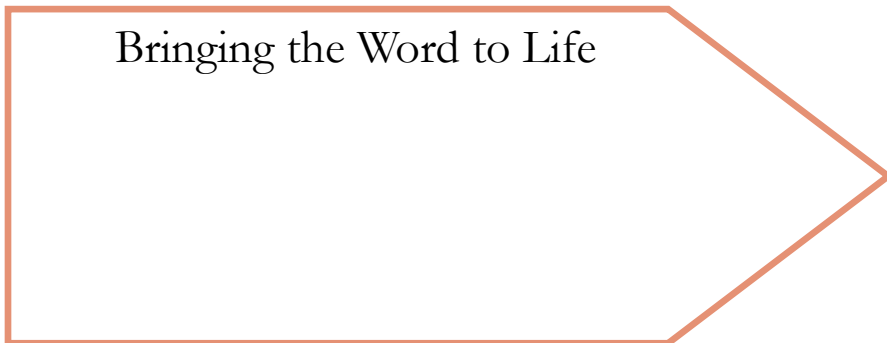
What's on your mind:

Scripture Focus:

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Dearest Father:



Notes and References

The Scriptures chosen for each day are taken from the daily liturgical readings.

December 24 has two *Lectio* Journal pages due to the fact that the readings for the Mass of the day is different than the readings at the Vigil/Christmas Eve Mass.

All Scripture references can be found at <http://usccb.org/bible>. Used with permission per: <http://usccb.org/bible/permissions/index.cfm>.

This is a free resources to help Catholic Christians grow in their faith and devotion during the Advent Season and as a means for conscious, active preparation for the coming of Christ at Christmas. You are free to print this resource for your own use and for the use of others. However, you may not sell this resource in either its digital or printed form.