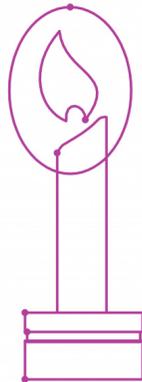


My Lectio Divina Bible Journal



A Catholic Guide
to *Lectio Divina*
Advent 2019

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“Prayer does not change
God, but it changes the per-
son 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, especially before literacy was widespread.

Lectio is about active listening which engenders both our response and hopefully, a 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. The Scripture references used in this journal are from *The New American Bible, revised edition* found at usccb.org/bible.

- ◇ 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).
- ◇ **Contemplatio:** 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

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)

Copy your chosen verses here or simply record the citation

Your word or phrase

Word

Dearest Father,

Bringing the Word to Life

Your prayer, reflections, petitions or praises

How can you carry your Word forward?

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 are different than the readings at the Vigil/Christmas Eve Mass.

All Scripture references can be found at <http://uscgb.org/bible>. Used with permission per: <http://uscgb.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.

My Lectio

The First Sunday of Advent - December 1, 2019

What's on your mind?



Scripture Focus

"Come, let us climb the LORD's mountain, to the house of the God of Jacob, that he may instruct us in his ways, and we may walk in his paths." (Is 2:3)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Monday - December 2, 2019



What's on your mind?

Scripture Focus

For over all, the LORD's glory will be shelter and protection: shade from the parching heat of day, refuge and cover from storm and rain. (Is 4:6)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Memorial of St. Francis Xavier ~ December 3, 2019



What's on your mind?

Scripture Focus

He shall rescue the poor when he cries out, and the afflicted when he has no one to help him. He shall have pity for the lowly and the poor; the lives of the poor he shall save. (Ps 72:12-13)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Wednesday - December 4, 2019



What's on your mind?

Scripture Focus

Then he took the seven loaves and the fish, gave thanks, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied. They picked up the fragments left over—seven baskets full. (Mt 15:36-37)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Thursday - December 5, 2019

What's on your mind?



Scripture Focus

Jesus said to his disciples: "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)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Friday - December 6, 2019

What's on your mind?



Scripture Focus

"Do you believe that I can do this?" "Yes, Lord," they said to him. Then he touched their eyes and said, "Let it be done for you according to your faith." (Mt 9:28-29)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Memorial of St. Ambrose, Bishop and Doctor - December 7, 2019



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)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

The Second Sunday of Advent ~ December 8, 2019

What's on your mind?



Scripture Focus

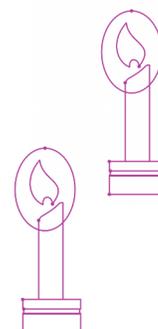
It was of him that the prophet Isaiah had spoken when he said: "A voice of one crying out in the desert, Prepare the way of the Lord, make straight his paths." (Mt 3:3)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Solemnity of the Immaculate Conception - December 9, 2019



What's on your mind?

Scripture Focus

And coming to her, he said, "Hail, full of grace! The Lord is with you."

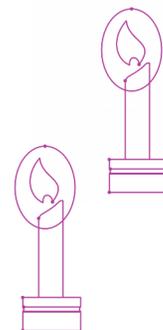
(Lk 1:28)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Tuesday - December 10, 2019



What's on your mind?

Scripture Focus

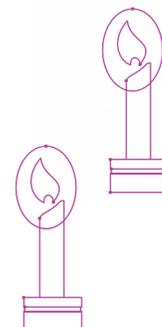
And if he finds it, amen, I say to you, he rejoices more over it than over the ninety-nine that did not stray. In just the same way, it is not the will of your heavenly Father that one of these little ones be lost." (Mt 18:13-14)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Wednesday - December 11, 2018



What's on your mind?

Scripture Focus

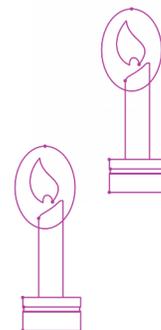
"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. (Mt 11:28-29)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Feast of Our Lady of Guadalupe ~ December 12, 2018



What's on your mind?

Scripture Focus

See, I am coming to dwell among you, says the LORD. Many nations shall join themselves to the LORD on that day, and they shall be his people, and he will dwell among you, and you shall know that the LORD of hosts has sent me to you. (Zec 2:15)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Memorial of St. Lucy - December 13, 2019



What's on your mind?

Scripture Focus

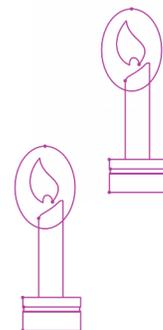
Thus says the LORD, your redeemer, the Holy One of Israel: I, the LORD, your God, teach you what is for your good, and lead you on the way you should go. (Is 48:17)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Memorial of St. John of the Cross - December 14, 2019



What's on your mind?

Scripture Focus

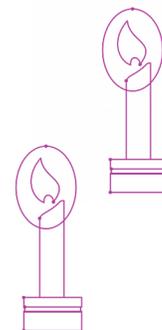
May your help be with the man of your right hand, with the son of man whom you yourself made strong. Then we will no more withdraw from you; give us new life, and we will call upon your name. (Psalm 80:18-19)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

The Third Sunday of Advent - December 15, 2019

What's on your mind?



Scripture Focus

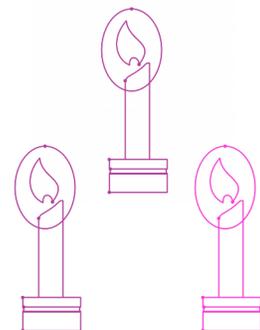
You too must be patient. Make your hearts firm, because the coming of the Lord is at hand. (Jas 5:8)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Monday - December 16, 2019

What's on your mind?



Scripture Focus

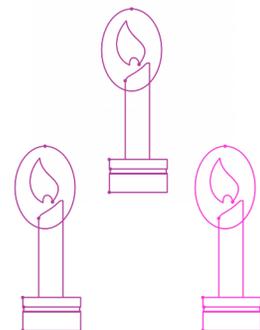
Your ways, O LORD, make known to me; teach me your paths, Guide me in your truth and teach me, for you are God my savior. (Psalm 25:4-5)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Tuesday - December 17, 2019

What's on your mind?



Scripture Focus

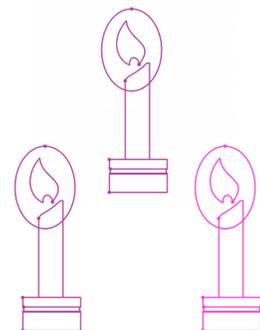
The mountains shall yield peace for the people, and the hills justice. He shall defend the afflicted among the people, save the children of the poor. (Psalm 72: 3-4)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Wednesday - December 18, 2019



What's on your mind?

Scripture Focus

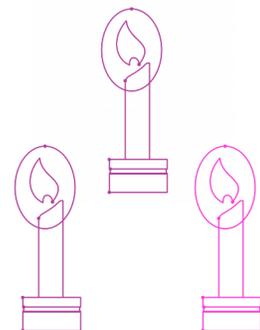
For it is through the Holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins." (Mt 1:20-21)

Word

A decorative graphic consisting of a central white ribbon with a black outline, flanked by two larger, flowing ribbon shapes that create a banner-like effect.

Dearest Father,

Bringing the Word to Life



My Lectio

Thursday - December 19, 2019



What's on your mind?

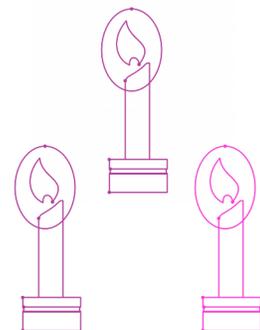
Scripture Focus

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)

Word

Dearest Father,

Bringing the Word to Life



My Lectio

Friday - December 20, 2019

What's on your mind?



Scripture Focus

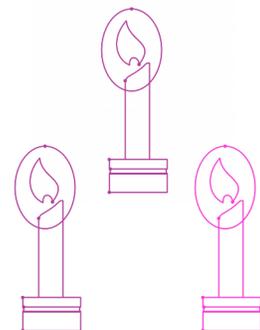
Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her. (Lk 1:38)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Saturday - December 21, 2019

What's on your mind?



Scripture Focus

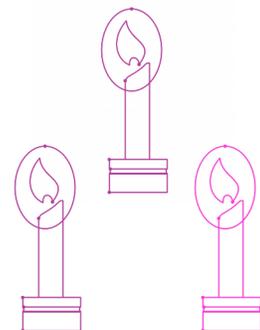
Blessed are you who believed that what was spoken to you by the Lord would be fulfilled. (Lk 1:45)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

The Fourth Sunday of Advent - December 22, 2019

What's on your mind?



Scripture Focus

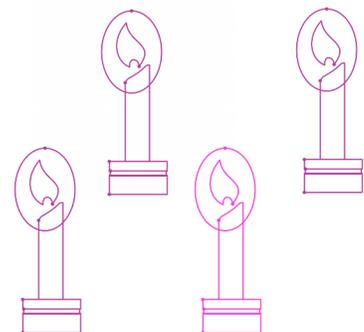
Therefore the Lord himself will give you this sign: the virgin shall conceive, and bear a son, and shall name him Emmanuel. (Is 7:14)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Monday - December 23, 2019



What's on your mind?

Scripture Focus

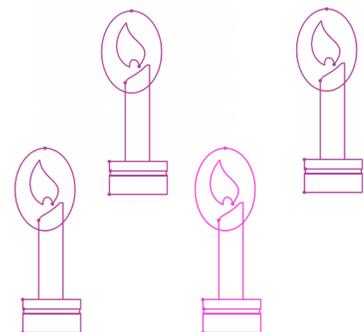
All the paths of the LORD are kindness and constancy toward those who keep his covenant and his decrees. The friendship of the LORD is with those who fear him, and his covenant, for their instruction. (Psalm 25:10, 14)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Christmas Eve ~ December 24, 2019

What's on your mind?



Scripture Focus

Blessed the people who know the joyful shout; in the light of your countenance, O LORD, they walk. At your name they rejoice all the day, and through your justice they are exalted. (Psalm 89:16-17)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Christmas Day - December 25, 2019

What's on your mind?



Scripture Focus

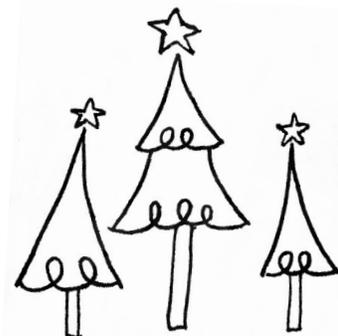
And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son, full of grace and truth. (Jn 1:14)

Word



Dearest Father,

Bringing the Word to Life



My Lectio

Date

What's on your mind?



Scripture Focus: _____

Word



Dearest Father,

Bringing the Word to Life



If you enjoyed this journal, I would love to hear to hear from you. If you have suggestions for Lent or next Advent, I would love to hear those as well. You can find me at dailygraces.net, on Facebook at Daily Graces, Twitter @KateTaliaferro and on Instagram at Kate Taliaferro.

May your hearts and homes be blessed this Advent Season, and may our Lord, Jesus Christ, come to reign in both.