

# Advent Lectio Divina Reflection Journal

2020



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## 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.

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# 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 [uscgb.org/bible](http://uscgb.org/bible).

- Quiet yourself. Find a place that is peaceful and comfortable. Use the “Be present” section to write your thoughts and feelings. Let them drift away so that your mind is clear to begin your Lectio.
- 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 section titled “Word of Life”
- 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).
- Today I will...: This is a place where you can make a plan, goal or commitment to carry what you learned forward into your day.

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The First Sunday of Advent

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November 29, 2020

Be present...

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*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)*

Word of Life

Loving Father,

Today I will...

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The First Monday of Advent

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November 30, 2020

Be present...

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*And how can people preach unless they are sent? As it is written, "How beautiful are the feet of those who bring [the] good news!" (Romans 10:15)*

Word of Life

Loving Father,

Today I will...

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The First Tuesday of Advent

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December 1, 2020

Be present...

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*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. (Isaiah 11:2- 3a)*

Word of Life

Loving Father,

Today I will...

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The First Wednesday of Advent

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December 2, 2020

Be present...

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*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).*

Word of Life

Loving Father,

Today I will...

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The First Thursday of Advent

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December 3, 2020

Be present...

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*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 of Life

Loving Father,

Today I will...

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The First Friday of Advent

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December 4, 2020

Be present...

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*Then he touched their eyes and said, "Let it be done for you according to your faith." (Matthew 9:29)*

Word of Life

Loving Father,

Today I will...

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The First Saturday of Advent

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December 5, 2020

Be present...

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*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 of Life

Loving Father,

Today I will...

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The Second Sunday of Advent

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December 6, 2020

Be present...

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*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)*

Word of Life

Loving Father,

Today I will...

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The Second Monday of Advent

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December 7, 2020

Be present...

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*When Jesus saw their faith, he said, "As for you, your sins are forgiven." (Luke 5:20)*

Word of Life

Loving Father,

Today I will...

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The Feast of the Immaculate Conception

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December 8, 2020

Be present...

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

Word of Life

Loving Father,

Today I will...

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The Second Wednesday of Advent

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December 9, 2020

Be present...

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*They that hope in the LORD will renew their strength,  
they will soar on eagles' wings;  
They will run and not grow weary,  
walk and not grow faint. (Isaiah 40:31)*

Word of Life

Loving Father,

Today I will...

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The Second Thursday of Advent

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December 10, 2020

Be present...

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*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)*

Word of Life

Loving Father,

Today I will...

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The Second Friday of Advent

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December 11, 2020

Be present...

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*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 of Life

Loving Father,

Today I will...

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The Feast of Our Lady of Guadalupe

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December 12, 2020

Be present...

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

Word of Life

Loving Father,

Today I will...

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The Third Sunday of Advent

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December 13, 2020

Be present...

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*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)*

Word of Life

Loving Father,

Today I will...

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The Third Monday of Advent

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December 14, 2020

Be present...

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*Make known to me your ways, LORD;  
teach me your paths. (Psalm 25:4)*

Word of Life

Loving Father,

Today I will...

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The Third Tuesday of Advent

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December 15, 2020

Be present...

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*The LORD is close to the brokenhearted,  
saves those whose spirit is crushed. (Psalm 34:19)*

Word of Life

Loving Father,

Today I will...

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The Third Wednesday of Advent

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December 16, 2020

Be present...

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*I form the light, and create the darkness,  
I make weal and create woe;  
I, the LORD, do all these things. (Isaiah 45:7)*

Word of Life

Loving Father,

Today I will...

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The Third Thursday of Advent

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December 17, 2020

Be present...

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*That he may defend the oppressed among the people,  
save the children of the poor and crush the oppressor. (Psalm 72:4)*

Word of Life

Loving Father,

Today I will...

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The Third Friday of Advent

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December 18, 2020

Be present...

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*In his days Judah shall be saved,  
Israel shall dwell in security.  
This is the name to be given him:  
"The LORD our justice." (Jeremiah 23:6)*

Word of Life

Loving Father,

Today I will...

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The Third Saturday of Advent

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December 19, 2020

Be present...

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*"So has the Lord done for me at a time when he has seen fit to take  
away my disgrace before others." (Luke 1:25)*

Word of Life

Loving Father,

Today I will...

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The Fourth Sunday of Advent

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December 20, 2020

Be present...

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*Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. (Luke 1:30)*

Word of Life

Loving Father,

Today I will...

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The Fourth Monday of Advent

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December 21, 2020

Be present...

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

Word of Life

Loving Father,

Today I will...

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The Fourth Tuesday of Advent

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December 22, 2020

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Be present...

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*And Mary said:  
"My soul proclaims the greatness of the Lord;  
my spirit rejoices in God my savior. (Luke 1:46-47)*

Word of Life

Loving Father,

Today I will...

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The Fourth Wednesday of Advent

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December 23, 2020

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Be present...

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*Guide me by your fidelity and teach me,  
for you are God my savior,  
for you I wait all the day long. (Psalm 25:5)*

Word of Life

Loving Father,

Today I will...

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The Fourth Thursday of Advent

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December 24, 2020

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Be present...

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*Blessed be the Lord, the God of Israel,  
for he has visited and brought redemption to his people. (Luke 1:68)*

Word of Life

Loving Father,

Today I will...

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Christmas Day

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December 25, 2020

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Be present...

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*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)*

Word of Life

Loving Father,

Today I will...



I hope that you enjoyed this journal, I would love to hear from you. If you have any suggestions or comments for Lent or Advent next year, please reach out to me. You can find me at [dailygraces.net](http://dailygraces.net), on the Facebook page Daily Graces, Twitter @KateTaliaferro or on Instagram.

*May your hearts and homes be blessed this Advent Season and may the peace of Christ come to reign in both forever.*