

Lenten Lectio Divina Reflection Journal

2021



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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.

Please note: On Scrutiny Sundays I have opted to utilize the Scrutiny Readings. If your parish does not have any candidates or catechumens, your readings may differ.

- 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.

Ash Wednesday

February 17, 2021

Be present...

*Rend your hearts, not your garments,
and return to the LORD, your God,
For he is gracious and merciful,
slow to anger, abounding in steadfast love,
and relenting in punishment. (Joel 2:13)*

Word of Life

Loving Father,

Today I will...

Thursday after Ash Wednesday

February 18, 2021

Be present...

Then he said to all, "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me.

(Luke 9:23)

Word of Life

Loving Father,

Today I will...

Friday after Ash Wednesday

February 19, 2021

Be present...

Then you shall call, and the Lord will answer, you shall cry for help, and he will say: "Here I am!" (Isaiah 58:9a)

Word of Life

Loving Father,

Today I will...

Saturday after Ash Wednesday

February 20, 2021

Be present...

Jesus said to them in reply, "Those who are healthy do not need a physician, but the sick do.

I have not come to call the righteous to repentance but sinners." (Luke 5:31-32)

Word of Life

Loving Father,

Today I will...

The First Sunday of Lent

February 21, 2021

Be present...

*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 of Life

Loving Father,

Today I will...

The Feast of the Chair of St. Peter, Apostle

February 22, 2021

Be present...

Simon Peter said in reply, "You are the Messiah, the Son of the living God." (Matthew 16:16)

Word of Life

Loving Father,

Today I will...

Tuesday of the First Week of Lent

February 23, 2021

Be present...

*"This is how you are to pray:
Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven. (Matthew 6:9-10)*

Word of Life

Loving Father,

Today I will...

Wednesday of the First Week of Lent

February 24, 2021

Be present...

*Have mercy on me, O God, in your goodness;
in the greatness of your compassion wipe out my offense.
Thoroughly wash me from my guilt
and of my sin cleanse me. (Psalm 51:3-4)*

Word of Life

Loving Father,

Today I will...

Thursday of the First Week of Lent

February 25, 2021

Be present...

*Save us by your power, and help me, who am alone and have no one
but you, Lord. (Esther 4 C:25)*

Word of Life

Loving Father,

Today I will...

Friday of the First Week of Lent

February 26, 2021

Be present...

Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. (Matthew 5:23-24)

Word of Life

Loving Father,

Today I will...

Saturday of the First Week of Lent

February 27, 2021

Be present...

But I say to you, love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father, for he makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust. (Matthew 5:44-45)

Word of Life

Loving Father,

Today I will...

The Second Sunday of Lent

February 28, 2021

Be present...

*If God is for us, who can be against us?
He who did not spare his own Son
but handed him over for us all,
how will he not also give us everything else along with him?
(Romans 8:31-32)*

Word of Life

Loving Father,

Today I will...

Monday of the Second Week of Lent

March 1, 2021

Be present...

*“Stop judging and you will not be judged. Stop condemning and you
will not be condemned. Forgive and you will be forgiven.”
(Luke 6:37)*

Word of Life

Loving Father,

Today I will...

Tuesday of the Second Week of Lent

March 2, 2021

Be present...

Whoever exalts himself will be humbled; but whoever humbles himself will be exalted. (Matthew 23:12)

Word of Life

Loving Father,

Today I will...

Wednesday of the Second Week of Lent

March 3, 2021

Be present...

*But I trust in you, Lord;
I say, "You are my God."
My destiny is in your hands;
rescue me from my enemies,
from the hands of my pursuers. (Psalm 31:15-16)*

Word of Life

Loving Father,

Today I will...

Thursday of the Second Week of Lent

March 4, 2021

Be present...

*I, the Lord, explore the mind
and test the heart,
Giving to all according to their ways,
according to the fruit of their deeds.
(Jeremiah 17:10)*

Word of Life

Loving Father,

Today I will...

Friday of the Second Week of Lent

March 5, 2021

Be present...

*Did you never read in the scriptures:
'The stone that the builders rejected
has become the cornerstone;
by the Lord has this been done,
and it is wonderful in our eyes'? (Matthew 21:42)*

Word of Life

Loving Father,

Today I will...

Saturday of the Second Week of Lent

March 6, 2021

Be present...

*I shall get up and go to my father and I shall say to him,
"Father, I have sinned against heaven and against you.
I no longer deserve to be called your son;
treat me as you would treat one of your hired workers."*
(Luke 15:18-19)

Word of Life

Loving Father,

Today I will...

The Third Sunday of Lent

March 7, 2021

Be present...

*And hope does not disappoint,
because the love of God has been poured out into our hearts
through the Holy Spirit who has been given to us.
(Matthew 5:5)*

Word of Life

Loving Father,

Today I will...

Monday of the Third Week of Lent

March 8, 2021

Be present...

*My soul thirsts for God, the living God.
When can I enter and see the face of God?
(Psalm 42:3)*

Word of Life

Loving Father,

Today I will...

Tuesday of the Third Week of Lent

March 9, 2021

Be present...

*Then in anger his master handed him over to the torturers until he
should pay back the whole debt. So will my heavenly Father do to
you, unless each of you forgives your brother from your heart."
(Matthew 18:34-35)*

Word of Life

Loving Father,

Today I will...

Wednesday of the Third Week of Lent

March 10, 2021

Be present...

However, be on your guard and be very careful not to forget the things your own eyes have seen, nor let them slip from your heart as long as you live, but make them known to your children and to your children's children. (Deuteronomy 4:9)

Word of Life

Loving Father,

Today I will...

Thursday of the Third Week of Lent

March 11, 2021

Be present...

*If today you hear his voice, harden not your hearts.
(Psalm 95:8)*

Word of Life

Loving Father,

Today I will...

Friday of the Third Week of Lent

March 12, 2021

Be present...

*You shall love your neighbor as yourself.
(Matthew 12:31)*

Word of Life

Loving Father,

Today I will...

Saturday of the Third Week of Lent

March 13, 2021

Be present...

But the tax collector stood off at a distance and would not even raise his eyes to heaven but beat his breast and prayed, 'O God, be merciful to me a sinner.' I tell you, the latter went home justified, not the former; for everyone who exalts himself will be humbled, and the one who humbles himself will be exalted." (Luke 18:13-14)

Word of Life

Loving Father,

Today I will...

The Fourth Sunday of Lent

March 14, 2021

Be present...

Then Jesus said, "I came into this world for judgment, so that those who do not see might see, and those who do see might become blind." (John 9:39)

Word of Life

Loving Father,

Today I will...

Monday of the Fourth Week of Lent

March 15, 2021

Be present...

*See, I am creating new heavens
and a new earth;
The former things shall not be remembered
nor come to mind. (Isaiah 65:17)*

Word of Life

Loving Father,

Today I will...

Tuesday of the Fourth Week of Lent

March 16, 2021

Be present...

*God is our refuge and our strength,
an ever-present help in distress.
Thus we do not fear, though earth be shaken
and mountains quake to the depths of the sea.
(Psalm 46:2-3)*

Word of Life

Loving Father,

Today I will...

Wednesday of the Fourth Week of Lent

March 17, 2021

Be present...

*Can a mother forget her infant,
be without tenderness for the child of her womb?
Even should she forget,
I will never forget you. (Isaiah 49:15)*

Word of Life

Loving Father,

Today I will...

Thursday of the Fourth Week of Lent

March 18, 2021

Be present...

*They forgot the God who had saved them,
who had done great deeds in Egypt,
Amazing deeds in the land of Ham,
fearsome deeds at the Red Sea.
(Psalm 106:21-22)*

Word of Life

Loving Father,

Today I will...

Solemnity of St. Joseph, Husband of the Blessed
Virgin Mary

March 19, 2021

Be present...

*It was not through the law that the promise was made to Abraham
and his descendants that he would inherit the world, but through the
righteousness that comes from faith. (Romans 4:13)*

Word of Life

Loving Father,

Today I will...

Saturday of the Fourth Week of Lent

March 20, 2021

Be present...

*O LORD, my God, in you I take refuge;
save me from all my pursuers and rescue me,
Lest I become like the lion's prey,
to be torn to pieces, with no one to rescue me.
(Psalm 7:2-3)*

Word of Life

Loving Father,

Today I will...

The Fifth Sunday of Lent

March 21, 2021

Be present...

*Amen, amen, I say to you, unless a grain of wheat falls to the ground
and dies, it remains just a grain of wheat; but if it dies, it produces
much fruit. (John 12:24)*

Word of Life

Loving Father,

Today I will...

Monday of the Fifth Week of Lent

March 22, 2021

Be present...

But when they continued asking him, he straightened up and said to them, "Let the one among you who is without sin be the first to throw a stone at her." (John 8:7)

Word of Life

Loving Father,

Today I will...

Tuesday of the Fifth Week of Lent

March 23, 2021

Be present...

The one who sent me is with me. He has not left me alone, because I always do what is pleasing to him." (John 8:29)

Word of Life

Loving Father,

Today I will...

Wednesday of the Fifth Week of Lent

March 24, 2021

Be present...

Jesus then said to those Jews who believed in him, "If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free." (John 8:31-32)

Word of Life

Loving Father,

Today I will...

Solemnity of the Annunciation of the Lord

March 25, 2021

Be present...

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. (Luke 1:38)

Word of Life

Loving Father,

Today I will...

Friday of the Fifth Week of Lent

March 26, 2021

Be present...

*Sing to the Lord,
praise the Lord,
For he has rescued the life of the poor
from the power of the evildoers! (Jeremiah 20:13)*

Word of Life

Loving Father,

Today I will...

Saturday of the Fifth Week of Lent

March 27, 2021

Be present...

*Hear the word of the Lord, you nations,
proclaim it on distant coasts, and say:
The One who scattered Israel, now gathers them;
he guards them as a shepherd his flock. (Jeremiah 31:10)*

Word of Life

Loving Father,

Today I will...

Palm Sunday of the Lord's Passion

March 28, 2021

Be present...

Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to death, even death on a cross. (Philippians 2:7-8)

Word of Life

Loving Father,

Today I will...

Monday of Holy Week

March 29, 2021

Be present...

Mary took a liter of costly perfumed oil made from genuine aromatic nard and anointed the feet of Jesus and dried them with her hair; the house was filled with the fragrance of the oil. (John 12:3)

Word of Life

Loving Father,

Today I will...

Tuesday of Holy Week

March 30, 2021

Be present...

*In you, Lord, I take refuge;
let me never be put to shame.
In your justice rescue and deliver me;
listen to me and save me! (Psalm 71:1-2)*

Word of Life

Loving Father,

Today I will...

Wednesday of Holy Week

March 31, 2021

Be present...

*“See, you lowly ones, and be glad;
you who seek God, take heart!
For the Lord hears the poor,
and does not spurn those in bondage. (Psalm 69:33-34)*

Word of Life

Loving Father,

Today I will...

Holy Thursday Evening Mass of the Lord's Supper

April 1, 2021

Be present...

For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes. (1 Corinthians 11:26)

Word of Life

Loving Father,

Today I will...

Good Friday of the Lord's Passion

April 2, 2021

Be present...

*Yet it was our pain that he bore,
our sufferings he endured.
We thought of him as stricken,
struck down by God and afflicted,
But he was pierced for our sins,
crushed for our iniquity.
He bore the punishment that makes us whole,
by his wounds we were healed. (Isaiah 53:4-5)*

Word of Life

Loving Father,

Today I will...

Holy Saturday: Easter Vigil

April 3, 2021

Be present...

If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him. (Romans 6:8-9)

Word of Life

Loving Father,

Today I will...

Easter Sunday: The Resurrection of the Lord

April 4, 2021

Be present...

*The stone the builders rejected
has become the cornerstone.
By the Lord has this been done;
it is wonderful in our eyes. (Psalm 118:22-23)*

Word of Life

Loving Father,

Today I will...



I hope that you enjoyed this journal and found it a source of inspiration for your Lenten journey. I would love to hear from you about your experience. 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, on the Facebook page Daily Graces, Twitter @KateTaliaferro or on Instagram.

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