



# Lectio Divina

## Preparation

Sit in your prayer space or a quiet place. Close your eyes and take deep slow breaths. Gently recall your intention of entering into prayer. Invite Jesus to be with you during this time and ask for the grace to draw nearer to Him throughout the Lectio Divina.

## Lectio

Read the selected Scripture passage slowly, calmly and reverently. Take pauses in-between verses if you feel prompted, before continuing.

## Meditate

Read the selected Scripture passage again slowly, calmly and reverently. Take meaningful pauses in-between verses to ponder the phrases, words or sentences which moved you. Close your eyes and gently meditate what these words might be saying to you. When you are ready, gently open your eyes and continue reading the passage. Repeat the process another 2 times unhurriedly.



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## **Oratio (Prayer)**

While re-reading the Scripture passage and meditating, take notice of your feelings, and thoughts. Gently enter into a conversation with God. Your prayer conversations can be in a few sentences thanking God for revealing this insight to you and sharing what concerns you may have, and praying for the desired grace.

## **Contemplation**

Sit in silence taking deep slow breaths. Close your eyes and gently invite God to speak to you. Sometimes He may reveal a thought to you and sometimes He may not. Its ok. God is still present and He might be inviting you to a spiritual rest.

## **Action**

According to your prayer experience, indicate 1 action which God may have inspired you to do each day for the coming week.

You can conclude with a “Glory Be” prayer or a short prayer of thanksgiving.

*Note: Average duration for Lectio Divina varies between 30 to 45 minutes for individuals. Quality connection with the Word of God is more important than the number of minutes spent.*



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## Sunday Readings for Lectio Divina

Suggested Scripture readings for the Lenten weeks. If you are in the week leading to the 1<sup>st</sup> Sunday of Lent, you can select any of the Sunday Mass readings for 1<sup>st</sup> Sunday of Lent for your Lectio Divina during the week.

If you are in the week leading to the 2<sup>nd</sup> Sunday of Lent, you will use any Mass readings for the 2<sup>nd</sup> Sunday of Lent. The same goes for the 3<sup>rd</sup> to 5<sup>th</sup> week of Lent.

1st Sunday of Lent Mass Readings for 26 Feb 2023	
<b>1st Reading</b>	<b>Genesis 2: 7-9: 3:1-7</b>
<b>Responsorial Psalm</b>	<b>Psalms 51:3-4, 5-6, 12-13, 17</b>
<b>2nd Reading</b>	<b>Romans 5:12-19</b>
<b>Gospel</b>	<b>Matthew 4:1-11</b>



### 2nd Sunday of Lent Mass Readings for 5 Mar 2023

<b>1st Reading</b>	<b>Genesis 12: 1-4A</b>
<b>Responsorial Psalm</b>	<b>Psalms 33:4-5, 18-19, 20, 22</b>
<b>2nd Reading</b>	<b>2 Timothy 1:88-10</b>
<b>Gospel</b>	<b>Matthew 17:1-9</b>

### 3rd Sunday of Lent Mass Readings for 12 Mar 2023

<b>1st Reading</b>	<b>Exodus 17:3-7</b>
<b>Responsorial Psalm</b>	<b>Psalms 95:1-2, 6-7, 8-9</b>
<b>2nd Reading</b>	<b>Romans 5:1-2, 5-8</b>
<b>Gospel</b>	<b>John 4:5-42</b>

### 4th Sunday of Lent Mass Readings for 19 Mar 2023

<b>1st Reading</b>	<b>1 Samuel 16:18, 6-7, 10-13A</b>
<b>Responsorial Psalm</b>	<b>Psalms 23:1-3A, 3B-4, 5, 6</b>
<b>2nd Reading</b>	<b>Ephesians 5:8-14</b>
<b>Gospel</b>	<b>John 9:1-41</b>



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