

How to Pray the Gospels (Lectio Divina)

1. **DEDICATE** 5 to 10 minutes a day (preferably at the same time each day) to this important spiritual exercise and nourishment.
2. Find a special **PLACE** where you can go for this “*listening to the Lord.*” Maybe this place could be in a quiet living room while seated in your favorite easy chair, in the privacy of your own bedroom, or on a quiet front porch. A “*prayer corner*” in your home is also advisable; for example, with a small altar, an icon of Christ, etc.
3. Get into a comfortable **POSTURE** which will help you better listen to Him.
4. Focus on His **PRESENCE**. The gift of Faith tells you God wants to communicate with you! Possibly light a candle to be symbolic of this fact.
5. **PICK A PASSAGE**. Find a short passage from one of the four Gospels (*Matthew, Mark, Luke or John*). For example, *Luke 7:36-50* is about Jesus with the woman who wept at His feet. Read the passage once, slowly.
6. **PRAY**. Ask yourself, “*What is this passage saying to me or about me?*” Remember that this same passage can be said to be God’s “*love letter*” to you at this particular moment. Thank Him. Praise Him. Ask Him for Wisdom. Ask Him for what you need, all while remaining quiet. *Psalm 46:10* states: “*Be still, and know that I am God.*”
7. **RE-READ** the short Gospel passage. Are there any new inspirations that come to you?
8. **CONCLUDE** by thinking about “*How can I live this passage today?*” and by making a resolution for the day. Remember: your resolution for the day should be something practical and concrete and capable of fulfilling. End this 5 to 10 minute spiritual exercise with the *Our Father* prayer.