

Just for Parents...

Today your children learned how to pray with Scripture.

Praying with Scripture can be done alone or with others. When done with others, it can be a means of sharing more deeply the faith that you attempt to live out day by day. When we prayerfully read the Scriptures, we open our minds and hearts to the Spirit of God. We can be both challenged and affirmed by the Word of God.”

Praying with Scripture is called Lectio Divina, which literally meaning "divine reading,". During Lectio Divina, the practitioner listens to the text of the Bible as if he or she is in conversation with God, and God is suggesting the topics for discussion.

The following steps will help you to use the Scriptures in prayer. They can be done alone or when you gather as a group.

1. Choose a Scripture passage. You might choose one of your favorites, part of the readings from the previous or upcoming Sunday.
2. Choose a comfortable place where you can be uninterrupted and quiet.
3. Take a few moments and take a few deep breaths or stretch the body and then relax.
4. Acknowledge God's presence with you. Ask God to send the Spirit to be with you and guide you in this time of reflection.
5. Read the passage you have chosen slowly, listening carefully to it. You might want to pause after a sentence or phrase.
6. Speak aloud the words or phrases that struck you. Do not discuss them, just speak them. Read the story a second time, slowly and prayerfully.
7. Consider the message the passage might have for you—a challenge, an affirmation, an insight.
8. Read the passage a third time, slowly and prayerfully.
9. Pause for about ten minutes of silence and allow God to speak to you. If no words or thoughts come, just sit in the silence. Sometimes God touches us in ways that we cannot know.
10. Consider how the story calls you to action. Is there something you need to do to make the Scripture alive for you here and now?

11. Close with a brief prayer of thanksgiving or praise to God for the gift of the Spirit.