

LECTIO DIVINA

This is an ancient method of prayer that uses sacred texts (mainly the Bible) as a jumping point for prayer. Because the bible is inspired by God, this prayer practice helps to focus around listening to what God might be saying through the text. There are 4 steps to Lectio Divina prayer, but they don't need to be followed in exact order - there is freedom to bounce around - just begin with the reading portion and see where listening takes you!

Reading

Choose a passage from the Bible to read and read it several times slowly.

Meditation

Think about the words in the passage and how they connect to your life. If your child needs some help to connect it to their life, try asking them what it might have been like to be there and hear the passage read aloud.

Prayer

Talk to God about the passage and the words that stuck out to you, Thank him for his word, and ask for him to teach you more

Contemplation

This step is about quieting yourself and listening to what God has to say in response. Make sure to remind your child that God responds in all sorts of ways - words or pictures in our minds, feelings in our bodies, and sometimes we might not hear, see, or feel anything right then but it might come later!