

5. My Senses in Scripture—Read the Scripture passage. Imagine that you are actually there, present in what you read. What can you see, hear, smell, taste, and touch?

See:

Hear:

Taste:

Touch:

6. A Call to Action -Read the Scripture passage and fill in the blanks below. After reading this passage, I will change by...

To make this change, I will need to take the following steps:

- 1.
- 2.
- 3.



**Saint Norbert's Catholic Voluntary Academy**

# Praying the Word

## Lectio Divina



ST. NORBERT'S  
CATHOLIC PRIMARY SCHOOL



## Parent Pocket Guide



**Saint Norbert's Catholic  
Voluntary Academy**



Telephone 01775 722889

Email: [enquiries@st-norberts.lincs.sch.uk](mailto:enquiries@st-norberts.lincs.sch.uk)

Article 14: Every child has the right to believe what they want and also practise their religion, as long as they are not stopping other people from enjoying their rights.

*"Let the message of Christ, in all its richness, find a home with you; through him give thanks to God the Father." Colossians 3:16-17*

### **What is Lectio Divina?**

Lectio Divina is an ancient Catholic practice of reading Sacred Scripture with the help of the Holy Spirit. It is a way of praying with the Bible. Through the method of lectio divina, we move beyond just the words on a page to an encounter with an actual person, the living God. The purpose of lectio divina is to come into contact with our personal God and let ourselves be transformed by his love.

### **How to meditate on the Scripture**

1. **Prepare (*Silencio*)** - Put yourself in the presence of God. Become quiet and offer yourself to God.
2. **Read (*Lectio*)** - Read the passage out loud, slowly allowing the words to resonate and settle in your heart. After a pause,
3. re-read the passage out loud. During these first two readings, listen for the word or phrase that catches your attention and lights up for you.
4. **Reflect (*Meditatio*)** - Take time to sit with your word or phrase. Re-read the passage quietly to yourself and listen to where the word connects with your life right now. Enter into the scene in your imagination. Carefully watch the people. Listen to how they interact. What do you hear and experience as you watch and listen?
5. **Pray (*Oratio*)**- Talk to God about the word or phrase he has highlighted and what's coming up. Might be helpful to journal. How has God addressed you in this Word and invited you to re-

### **Activities to support your child in lectio divina**

These activities are designed to support your child to enter deeply into an encounter with God's word using familiar analogies and activities, but also encourage a more general approach to encountering God in Scripture independently.

1. Read the Scripture passage and answer the questions below to help you make connections between the text and your own life.
  - What are the main events or lessons from the bible passage?
  - How do these events or lessons connect with my life today? (Read the passage again if it helps.)
  - If I were present in this passage and I could ask someone one question while I was there, what would it be?
  - Does this passage tell me I should do something differently in my life? If so, what should I do (or not do)?
2. Read the Scripture passage and imagine that you took a picture of the events unfolding. In the space below, draw a picture of what you would have seen if you were there.  
In a few sentences, describe what is going on in this picture.  
Describe the setting, explain who is present, and describe what is happening.
3. Read the Scripture passage and imagine you are one of the people in it. Write a journal entry recounting your experience of these events.