Preparing the

WAY



PRAYING LECTIO DIVINA

It's important to remember that Lectio Divina is not a Bible Study, where you research and interpret the Bible from a theological or historical perspective. Rather, Lectio Divina is a personal conversation with God through scripture.

Find a quiet space–whether that's inside of a church, outside in nature, or in your room. Ask the Holy Spirit to help guide you through this experience! You may also pray this with a small group using the steps below.

1. Lectio (Read) —Read the passage slowly. Put yourself in the story or scene instead of focusing on a message for yourself. Visualize as concretely as possible the time, the place, and the people involved in the biblical story. Slow down. Savor the images. Pay attention whenever anything you read sparks a reaction from you. Read it several times!

2. Meditatio (Meditate) —Try focusing on a word or phrase from the passage. One way to do this is by repeating the word or phrase out loud or in your head a few times.

3. Oratio (Pray)—Allow the meditation to lead you to a conversation with God. Why did that word or phrase resonate with you? What is God calling you to think about? Don't overthink it - remember that prayer is simply conversation with God about the matters on your heart!

4. Contemplatio (Contemplate) —Spend a few moments resting in the presence of God!

First Sunday of Advent

MARK 13:33-37

Jesus said to his disciples:
“Be watchful! Be alert!
You do not know when the time will come.
It is like a man traveling abroad.
He leaves home and places his servants in charge,
each with his own work,
and orders the gatekeeper to be on the watch.
Watch, therefore;
you do not know when the lord of the house is coming,
whether in the evening, or at midnight,
or at cockcrow, or in the morning.
May he not come suddenly and find you sleeping.
What I say to you, I say to all: ‘Watch!’”

Second Sunday of Advent

MARK 1:1-8

The beginning of the gospel of Jesus Christ the Son of God.
As it is written in Isaiah the prophet:
Behold, I am sending my messenger ahead of you;
he will prepare your way.
A voice of one crying out in the desert:
"Prepare the way of the Lord,
make straight his paths."
John the Baptist appeared in the desert
proclaiming a baptism of repentance for the forgiveness of sins.
People of the whole Judean countryside
and all the inhabitants of Jerusalem
were going out to him
and were being baptized by him in the Jordan River
as they acknowledged their sins.
John was clothed in camel's hair,
with a leather belt around his waist.
He fed on locusts and wild honey.
And this is what he proclaimed:
"One mightier than I is coming after me.
I am not worthy to stoop and loosen the thongs of his sandals.
I have baptized you with water;
he will baptize you with the Holy Spirit."

Third Sunday of Advent

JOHN 1:6-8, 19-28

A man named John was sent from God.
He came for testimony, to testify to the light,
so that all might believe through him.
He was not the light,
but came to testify to the light.
And this is the testimony of John.
When the Jews from Jerusalem sent priests
and Levites to him
to ask him, “Who are you?”
He admitted and did not deny it,
but admitted, “I am not the Christ.”
So they asked him,
“What are you then? Are you Elijah?”
And he said, “I am not.”
“Are you the Prophet?”
He answered, “No.”
So they said to him,
“Who are you, so we can give an answer to those who sent us?
What do you have to say for yourself?”
He said:
“I am the voice of one crying out in the desert,
‘make straight the way of the Lord,’
as Isaiah the prophet said.”
Some Pharisees were also sent.
They asked him,
“Why then do you baptize
if you are not the Christ or Elijah or the Prophet?”
John answered them,
“I baptize with water;
but there is one among you whom you do not recognize,
the one who is coming after me,
whose sandal strap I am not worthy to untie.”
This happened in Bethany across the Jordan,
where John was baptizing.

Fourth Sunday of Advent

LUKE 1:26-38

The angel Gabriel was sent from God
to a town of Galilee called Nazareth,
to a virgin betrothed to a man named Joseph,
of the house of David,
and the virgin's name was Mary.
And coming to her, he said,
"Hail, full of grace! The Lord is with you."
But she was greatly troubled at what was said
and pondered what sort of greeting this might be.
Then the angel said to her,
"Do not be afraid, Mary,
for you have found favor with God.

"Behold, you will conceive in your womb and bear a son,
and you shall name him Jesus.
He will be great and will be called Son of the Most High,
and the Lord God will give him the throne of David his father,
and he will rule over the house of Jacob forever,
and of his kingdom there will be no end."
But Mary said to the angel,
"How can this be,
since I have no relations with a man?"
And the angel said to her in reply,
"The Holy Spirit will come upon you,
and the power of the Most High will overshadow you.
Therefore the child to be born
will be called holy, the Son of God.
And behold, Elizabeth, your relative,
has also conceived a son in her old age,
and this is the sixth month for her who was called barren;
for nothing will be impossible for God."
Mary said, "Behold, I am the handmaid of the Lord.
May it be done to me according to your word."
Then the angel departed from her.