



Lectio Divina

FOR LENT

WEDNESDAYS

2/21 - 3/27

7-7:30PM

MQH

PRESENTS

WHEN?

Every Wednesday evening after each Lenten Mass, starting at 7pm on February 21st.

Lectio (Read)

The first time that we read the scripture passage gives us an opportunity to get to know the passage better. We listen carefully for any words or phrases that seem to jump out. It's important not to force things, but wait patiently for God to give gentle guidance.

Meditatio (Reflect)

The second time we read the same passage again, we re-read a few verses so we can reflect carefully on where God is nudging us.

Oratio (Respond)

After a third reading, it's time to respond. We record our thoughts by journaling because we know we're very prone to forgetting what we've learned, even by the next day! We can respond in prayer too, which gives us the opportunity for a conversation with God.

Contemplatio (Rest)

After the final reading, we spend around 10 minutes in silent contemplation. This isn't a time of prayer or meditation — we just sit quietly and allow God to work.

LENT ISN'T ALWAYS ABOUT GIVING UP SOMETHING!

THIS YEAR, DO SOMETHING THIS LENT THAT WILL BENEFIT YOUR SOUL!

JOIN MEMBERS OF RELIGIOUS EDUCATION AS WE INTRODUCE OUR PARISH TO THE CENTURIES OLD STYLE OF READING AND PRAYING THE HOLY SCRIPTURES.