



Praying with our Mass for Life Readings

A Simple Guide to Lectio Divina

How to Pray Lectio Divina

As we prepare for the **Mass for the Gift of Human Life** (January 23), the Church invites us not only to hear God's Word, but to pray with it. One time-honored way of doing this is **Lectio Divina** — Latin for "sacred reading." Lectio Divina is not about studying Scripture or mastering theology. It is about listening — allowing God to speak personally through His Word, here and now. You may use one reading or several, returning to the one that most draws your heart.

The Mass readings for our *Mass for Life* Liturgy include:

- Isaiah 49:1-6
- Psalm 139:1-3, 13-15
- Ephesians 3:14-21
- Matthew 18:1-5, 10, 12-14



1. Prepare Your Heart

Find a quiet space. Silence your phone. Sit comfortably. Begin with a simple prayer, such as:

*Come, Holy Spirit.
Open my heart to Your Word.
Help me to listen with humility and trust.*

2. Lectio (Read)

Choose (1) of passages from Scripture (above) slowly and attentively.

- Read it once through. Then read it again, even more slowly.

As you read, notice:

- A word, phrase, or image that stands out
- Something that surprises, comforts, or unsettles you

Do not analyze. Simply receive.

3. Meditatio (Reflect)

Gently reflect on what caught your attention. **Let the Word sink from your mind into your heart.** You might ask:

- *Why does this word or image stay with me?*
- *What might God be revealing about life, dignity, or love?*
- *How does this passage speak to the vulnerable — children, the forgotten, the unseen?*
- *Where do I see myself in this text?*

4. Oratio (Respond)

Now speak to God from your heart. **Speak honestly.** God desires your real voice, not perfect words. Your prayer may be one of: **gratitude; sorrow; hope; intercession for others; a question or plea.**

You might pray:

- *for unborn children and their families*
- *for those who feel lost, forgotten, or unloved*
- *for a deeper reverence for every human life*

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5. *Contemplatio* (Rest)

Spend a few moments in quiet stillness. Do not strive to think or say anything. Simply rest in God's presence.

Let His gaze rest upon you – as one wonderfully made.

6. *Actio* (Live the Word)

Actio is not part of traditional *Lectio Divina*; however **prayer should always leads us outward.**

Ask:

- What invitation is God placing before me?
- How am I being called to respect, protect, love, or serve life?
- Is there a person, prayer, or action I am being asked to carry forward?

End with the **Our Father**, or a prayer of your choosing.

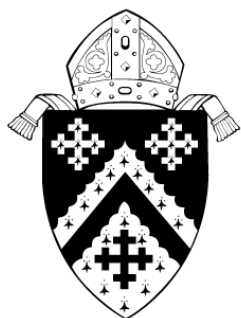
A Final Encouragement:

You do not need to “do this perfectly.” Faithful prayer is simply showing up and allowing God to work. As we approach the *Mass for the Gift of Human Life*, may this prayer help us recognize what the Scriptures proclaim again and again:

Every human life is known, cherished, and never forgotten by God.



For more resources like this, be sure to visit the *Office for Human Life* homepage



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