

During this activity, your child will participate in proximity to other family members, but *individually*. He/she is opening his/her heart and quietly entering into an attentive conversation with the Lord, through the practice of *Lectio Divina*.



NOTE: Please refrain from disciplining during this time... Gently redirect your child, reminding him/her that he/she is talking with God.

WHAT IS *LECTIO DIVINA*?

In the practice of *Lectio Divina*, literally “Divine Reading,” we learn to make our reading of Scripture a prayer encounter, a conversation with the living God through his Word.

This is a guided meditation, in which the same passage is read four times, with a different focus each time. In this “adaptation for children,” you will lead your child through the following process:

1. *Lectio (Read)*: The passage is read once, without comment. Then again, focusing on the main characters of the story and asking, “What is God saying to all of us?”
2. *Meditatio (Meditate)*: The passage is read again. Your child is asked to reflect silently on the question, “What is God’s Word saying to *me*, today, in my life?”
3. *Oratio (Pray)*: Then he/she is asked, “What can I say to the Lord in response to his Word?”
4. *Contemplatio (Contemplate)*: The passage is read one last time, and your child is given a final activity to make God’s Word come alive for him/her.

PREPARING YOUR SPACE:

When possible, do this prayer activity in a chapel, before the Blessed Sacrament (or simply find a quiet room that can be made into a prayerful space). Your child can either sit in a chair, or on the floor.

GATHERING YOUR MATERIALS:

**Prepare ahead of time:*

You’ll need the following materials, neatly organized in an easily accessible place:

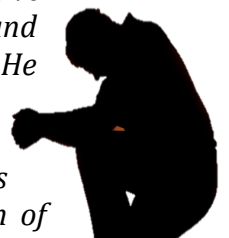
- 1 Clipboard with a blank sheet of paper
- 1 set of crayons or markers, a pencil, and a pen
- 1 *Lectio* Activity Sheet
- *New American Bible – Catholic Edition* (for Parent/Leader)

PLANTING THE SEED:

God is Always with Us

Your goal, as their Parent/Leader, is to give your child a joyful experience, and to facilitate a living encounter with Jesus through the hearing of his Word.

A simple seed: *The most effective way to hear God is by reading and listening to his Word in Scripture. He is with us, and the more we hear him in the Scriptures, the more we trust that he is here to help us and to guide us in every situation of our lives.*





WE ARE ONE BODY IN CHRIST

1 Corinthians 10:16-17

Say: Right now, I have a very special time prepared for you. We're going to take a few minutes to be with Jesus in the Scriptures. As you prepare to receive Jesus in the Sacrament of the Eucharist, you're learning how to open your heart to him. That is what makes receiving the Eucharist an amazing prayer. Remember, prayer is talking with God. Jesus lives in our hearts, and he speaks to us; but we can only hear him if we listen! So, let's be *very* quiet during this time, so that we can listen to Jesus speaking in our hearts. It makes Jesus so happy when you talk with him and listen for his voice. Do you think we can do it? Wonderful!

Now, you're going to listen to some words from the Bible (*hold up Bible*) several times. Each time, there will be something for you to do or to think about. Are you ready? Good. Let's begin "In the name of the Father, and of the Son..." This reading is taken from a letter written by St. Paul. (*Read passage, slowly and with expression*).

Now, I'm going to read it again; *this* time, try to focus on the *people* he's talking about, and what happens to them. (*Read passage again*.) What happens to the people St. Paul is talking to? And how does it happen? (*Pause for answers*). What do you think God is saying to all of us, through these words? (*Pause for answers*). Great answers! Through St. Paul, God is asking us all to be a part of Jesus' Body, by receiving the Eucharist.



Okay, let's listen to the story again. As I read it, quietly think about this question:

"What are these words from St. Paul saying to me today, about *my* life?"

(*Read passage*).

Now, I will now give you a sheet of paper, and I'd like you to think about these words and either draw or write an answer to the question I asked you earlier.

(*Give your child a pencil, a box of crayons or markers, and a blank sheet of paper*.)

Okay, are you ready? Answer this question, either by drawing a picture or writing: "What are these words from St. Paul saying to me today, about *my* life?"

(*Give two or three minutes of quiet time for this, then continue*).

Now, turn your paper over. Next, think about this question: "What can I say to God, after hearing his Word?" Is there something you'd like to ask him? Or something special you want him to know? What do you want to say to God? Draw or write your answers on your paper. (*Give two or three minutes of quiet, then continue*.) Ok, I'm going to read the story to you, one last time. Listen carefully. (*Read passage*).

(*Now, give your child the handout "God calls us to be more like him", and read him/her the instructions out loud*.)

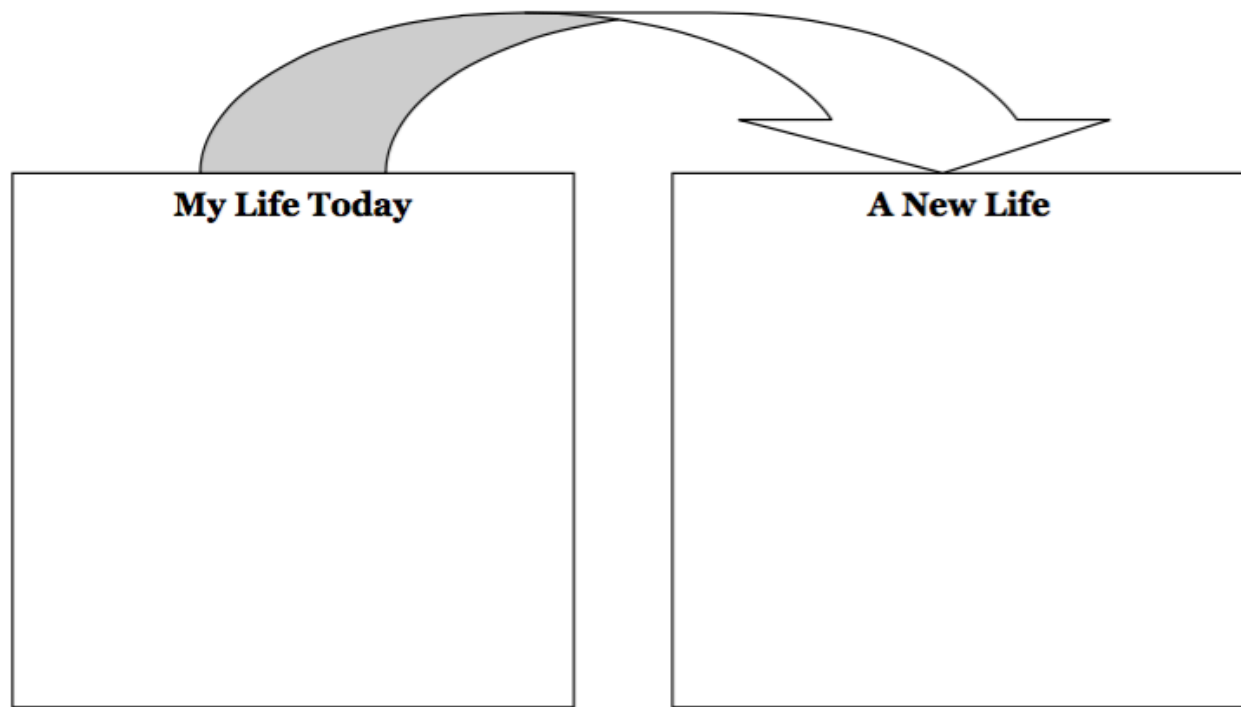
Ok, fill out this activity sheet as best you can. If you're confused or need help, let me know and I can help you with it.

(*After a few minutes of quiet time*) All right, you did a great job! Why don't we close our time with a prayer: Place your marker and paper down. "Thank you, Lord, for speaking to us through your Word. Help us to listen carefully to you in our hearts, and to always know that you are with us in the Eucharist. In the name of the Father, and of the Son..." ✠

Name: _____ Date: _____ Scripture: _____

God Calls Us to Be More Like Him

Directions: When we encounter Christ in Scripture, he always calls us to become more like him. This requires us to change. Read the Scripture passage. What parts of your life do you think God is calling you to change as a result of reading this passage? Draw a picture of the way you live your life now and what God is calling you to do instead.



My Life Today

A New Life

Describe the parts of your life that you are being asked to change as a result of reading this Bible passage:
