



Resources needed:

- Pens
- Laptop with access to projector and speakers
- Lectio Divina Sheet

In the name of the Father and of the Son and of the Holy Spirit...

Father in Heaven,
who created us in Your image,
by our lives may we always praise You.

Jesus Christ, Son of God,
by our works may we speak Your eternal word.

Holy Spirit, present among us,
by our charity may we share the spirit of life. Amen

- Play-Persistence and Reliability video reflection

Explain what lectio divina is in your own words, or adapt the paragraph below:

Lectio divina is a contemplative approach to Scripture in which God's word is slowly and attentively read, allowing God's word to speak to you. The practice unfolds in four phases: lectio, meditatio, oratio and contemplatio. This allows you to ground yourself in God's presence and let God's word become not only studied material but a living dialogue.

Example of Lectio Divina Sheet



After Lectio Divina:

- Create an opportunity for the young adults to share anything that resonated with them
- Reflect on the connection between faith and justice (Catholic Social Teaching, Catechism of the Catholic Church)
- Act- inspired by Scripture, how can you reach out to the vulnerable in your community?

Step 1 - LECTIO

Lectio simply means 'to read'.
Pray this prayer before you begin
God our Father, source of Light
You have sent your Son into the world to reveal yourself to all your children. Send your Spirit upon me now. That I may meet you in the Word that comes from you. May I come to know you. May I come to love you more deeply and be drawn closer to you. Amen
When you begin reading, read through the scripture slowly and attentively. When you finish, read through the scripture again and take notice of any words that stand out to you as you read.

Step 2 - MEDITATIO

In the meditatio (meditation) step, allow yourself to enter into the scripture you just read. Perhaps you are one of the disciples or simply someone in the crowd. Use your imagination and bring the scene to life.

Also, think about the words that stuck out as you read the scripture. Think through these words and have a think as to why they might have stuck out to you as you read. You may want to use a pen to highlight underline, annotate or illustrate.

Step 3 - ORATIO

At this point, you move from the head and go to the heart. In the oratio phase, you give everything that was in meditatio to God in prayer. Ask Him why the words stuck out, why the scripture unfolded like it did in your meditation. Be sure to also listen to what the Lord has to say to you, because He wants to speak to you.

Step 4 - CONTEMPLATIO

The last thing today is contemplation. Essentially, it's time to take it all in. Rest in what God has spoken to you in His Word. Simply just sit and be with the God who loves you.

Sacred Reading

The Parable of the Widow and the Unjust Judge

18 Then Jesus told them a parable about their need to pray always and not to lose heart. **2** He said, "In a certain city there was a judge who neither feared God nor had respect for people. **3** In that city there was a widow who kept coming to him and saying, 'Grant me justice against my opponent.' **4** For a while he refused; but later he said to himself, 'Though I have no fear of God and no respect for anyone, **5** yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.'" **6** And the Lord said, "Listen to what the unjust judge says. **7** And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? **8** I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?"

Luke 18:1-8

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