



Lectio Divina

Introductory Prayer

- ✘ Humbly recognize the loving Presence of the indwelling Trinity, Father, Son and Holy Spirit.
- ✘ Praise and thank Him for His Word and this moment of prayer.
- ✘ Ask the Holy Spirit for the gift to receive the Word of God as He wills.

Lectio (Reading)

What does the Word of God say?

- ✘ Slowly read the passage a few times with great attentive reverence, aloud if possible.
- ✘ Notice the words that strike you in a particular way, positively or negatively.

Meditatio (Meditation)

What does the Word of God say to me?

- ✘ Dialog with God about why those particular words and phrases struck you; how do they apply to you?
- ✘ Reflect on your own reactions to the Word; what is God showing you about yourself?
- ✘ Write down reflections and insights.

Oratio (Praying)

*What do I say to God
in response to His Word?*

- ✘ Respond sincerely in a conversation with God as with a friend; talk about what is really in your heart.
- ✘ Praise, thank, trust Him; ask for forgiveness; intercede, petition for graces.

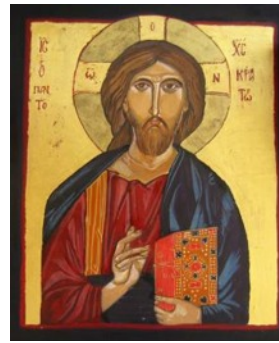
Contemplatio (Contemplation)

*What conversion of heart
is God asking of me?*

- ✘ Be with the Word and rest in God.
- ✘ Thank Jesus for living this gift in me.

Concluding Prayer

- ✘ Praise and thank God for the graces received.
- ✘ Close with *Our Father*.



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Examen Prayer

Thanksgiving

Father, to you I offer praise and thanks!

- ✘ Select a particular gift (a person, an event, a grace) and give God thanks in detail
- ✘ Recognize that all gifts are given to you because of God's love for you

Light & Freedom

O Lord, who am I?

- ✘ Seek grace of knowing and loving yourself as God knows and loves you
- ✘ Ask for the grace to know your sins and failings, and God's strength to be free from them and healed of any effects

Review of Life

Lord, what do you see in my day?

- ✘ Review the time period (e.g., the past day), noticing those areas of light / goodness, and darkness / sin
- ✘ Consider the choices made for God and those not of God

Contrition & Forgiveness

Lord, have mercy on me a sinner!

- ✘ Express sorrow for sins
- ✘ Ask God for pardon and forgiveness

Resolution

Let it be done to me according to your Word!

- ✘ Firmly choose with the help of grace the path of the will of God for the next time period

Concluding Prayer

- ✘ Praise and thank God for the graces received.
- ✘ Close with *Our Father* and *Glory Be*.

✱ Amen ✱

Cardinal Muench Seminary
Fargo, North Dakota

3/31/2011



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