

# Lectio Divina

## Lectio Divina: Session 2

*We begin our prayer:*

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

O God, who by the Immaculate Conception of the Blessed Virgin prepared a worthy dwelling for your Son, grant we pray, that as you preserved her from every stain by virtue of the Death of your Son, which you foresaw, so, through her intercession, we too, may be cleansed and admitted to your presence. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

(Collect, Solemnity of The Immaculate Conception)

*Read or listen to the following Scripture passage and be attentive to any words, phrases, thoughts, or images that come to mind, making a mental note of them.*

### Reading (*Lectio*)

*Read the following Scripture and just focus on what the passage is saying. Take notice of any word, phrase, thought or image that catches your attention.*

In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, favored one! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be.

Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son

of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end."

But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "The holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God."

Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her. (*Luke 1:26-39*)

***What word or phrase caught your attention or what thought came to mind as you heard God's Word proclaimed?***

### Meditation (*Meditatio*)

*Read the passage again, and this time focus on what speaks to you in this text and how it relates to your life.*

You may use the following questions to guide your meditation if needed:

***What might God be trying to say to you through that word, phrase or image that caught your attention initially?***

***Hail full of grace! The Lord is with you. When have been times when I have been aware of God's presence in my life? What steps might I take to deepen my awareness?***

*But she was greatly troubled at what was said and pondered what sort of greeting this might be.*

**When have been times when you have felt troubled? How did God share in your life during those moments?**

**Do not be afraid. How might Mary be a source of comfort for you in those times when you are faced with fear?**

*May it be done to me according to your Word.*  
**How open have you been to God's will in your life? Is there something God might be asking of you now that you are resistant to? How might Mary help you to accept God's will in this situation?**

*If practicing lectio divina as a family or in a group, after the reflection time, invite the participants to share their responses.*

## **Prayer (Oratio)**

*Read the Scripture passage one more time. What do you want to say to the Lord? Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.*

## **Contemplation (Contemplatio)**

*Read the Scripture a final time, then rest in God's presence. Simply be with Him and listen for His voice. Allow His love and grace to fill you.*

*After a period of silent reflection conclude your time of prayer with the closing prayer below:*

## **Closing Prayer**

Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy towards us. And after this our exile, show unto us the blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

## **Living the Word (Actio)**

*What steps can I take this week to try to be more attentive to God's presence throughout my day?*



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