

Lectio Divina

Lectio Divina: Reconciliation Session 1

We begin our prayer:

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

O God, who wonderfully created human nature and still more wonderfully redeemed it, grant us, we pray, to set our minds against the enticements of sin, that we may merit to attain eternal joys. Through Christ our Lord. Amen.
(Prayer after the 1st Reading of the Easter Vigil)

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.

Then God said: Let us make human beings in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, the tame animals, all the wild animals, and all the creatures that crawl on the earth. God created mankind in his image; in the image of God he created them; male and female he created them.

God blessed them and God said to them: Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that crawl on the earth. God also said: See, I give you every seed-bearing plant on all the earth and every tree that has seed-bearing fruit on it to be your food; and to all the wild animals, all the birds of the air, and all the living creatures that crawl on the earth, I give all the green plants for food. And so it happened.

God looked at everything he had made, and found it very good. Evening came, and morning followed—the sixth day.

(Gen 1:26-31)

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?

“Let us make human beings in our image, after our likeness.” What does this mean to you and what are the implications for how you live your life?

“God looked at everything he had made, and found it very good.” As someone who is created in God's image and likeness and found to be very good, what does this say about who you are to God?

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

Lord Jesus Christ,
rich in forgiveness,
you willed to take on the lowliness of the flesh,
so that you might leave us an example of humility
and make us steadfast in all suffering.
Grant that we may always hold fast
to the good things we have received from you
and, whenever we fall into sin,
be raised up through penance.
Who live and reign for ever and ever.
Amen.

(Concluding Prayer, Rite of Penance #209)

Living the Word (*Actio*)

Being created in the image and likeness of God has serious implication for human dignity and responsibility. This week, take time to think of what those implications are for you and how it impacts how you view and treat others. If we are "like" God then we too are creative and good. Sin is anathema to our being created in the image of God because sin destroys and is evil. Spend some time this week in prayer asking the Lord to help you identify areas of weakness and sin in your life and for the grace to overcome those sins with virtue.

As you conclude this prayer, contemplate Jesus in his role as the New Adam, the image of the invisible God, and the model of holiness in whose image we are all called to live. Ask the Lord for the grace to live in His image so that you may become the saint God has called and created you to be.



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