

Lectio Divina

Sacraments: Session 1

We begin our prayer:

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

Loving Father,

You who did not spare Your own Son but handed Him over for us all, open our hearts as we come before Your Word. Let the promise of Your generosity awaken trust within us.

You desire to give us everything in Christ — grace upon grace, life upon life.

As we listen to this passage, help us recognize the ways You fulfill this promise through the sacraments that pour Your life into us.

Make us ready to receive the grace that conforms us to the image of Jesus, Your beloved Son.

Quiet our minds, steady our spirits, and draw us into the mystery of Your saving love, as we place ourselves in Your hands. Amen.

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.

We know that all things work for good for those who love God, who are called according to his purpose. For those he foreknew he also predestined to be conformed to the image of his Son, so that he might be the firstborn among many brothers. And those he predestined he also called; and those he called he also justified; and those he justified he also glorified.

What then shall we say to this? If God is for us, who can be against us? He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him? (Romans 8:28-32)

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?

Where in my life do I struggle to believe that God is truly working "for good" in all things?

In what areas of my life do I sense God trying to shape me more closely into the image of Jesus? Where do I resist being conformed? How might I surrender more deeply to God's transforming work?

How have I experienced the sacraments as God's concrete way of giving me "everything else along with Him?"

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

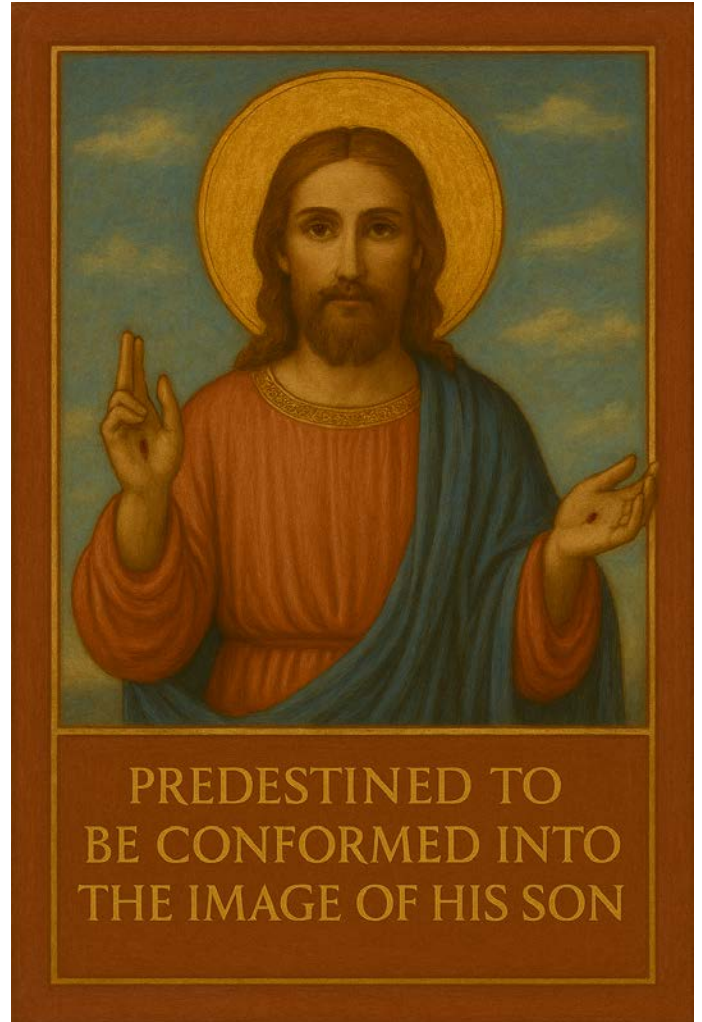
Father of all mercy,
You have spoken to us through Your Word
and reminded us that nothing
can separate us from Your love.
You have given us Christ, and with Him,
You continue to give us every grace we need.
Strengthen our faith in the sacraments,
where Your promise becomes tangible and real —
where water cleanses, oil strengthens,
bread becomes Your Son, and
forgiveness restores Your image within us.
Conform our hearts to Jesus.
Shape our lives by the grace You so freely give.
Send us forth renewed in trust,
confident that You will complete
the good work You have begun.
We ask this through Christ our Lord.
Amen.

Living the Word (*Actio*)

This week, take 10 minutes to list the ways God has already worked good from difficult situations in your life. Then spend time in prayer giving thanks to God for His grace, mercy, and love.

Identify one area where you sense God trying to shape you into Christ's image – maybe it's a call to be more patient, forgiving, humble, or courageous – choose a specific action to practice this week and lean into the Lord for His grace to support you.

If you have been away from the sacrament of Reconciliation for a while, strive to receive the sacrament at some point before this course ends. If you've been away from the sacrament of the Eucharist, even if it is irregular attendance, seek God's mercy in the sacrament of Penance so that the next time you come to Mass, you may receive Him worthily in the Blessed Sacrament and fully benefit from the grace He desires to pour into you.



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