

# Lectio Divina

## Sacraments: Session 2

*We begin our prayer:*

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

Lord Jesus,  
You who walk with us on every road,  
open our hearts as we listen to Your Word.  
Dispel our confusion, heal our disappointments,  
and let Your presence draw near.  
Prepare us to recognize You  
in the breaking of the bread  
and to receive the grace You long to give.  
Make our hearts burn with love for You.  
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.*

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came

back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see." And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?" So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

(Luke 24:13-25)

***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?***

*What keeps me from recognizing Jesus in my daily life? Talk to the Lord about these distractions and ask Him for grace to practice presence.*

*God knows how easy it is for us to go through an entire day without recognizing His presence. For this reason, God commands us to “pray without ceasing” and to “keep Holy the Sabbath.” What role does prayer and the Eucharist play in helping you “tune in” to God’s presence in your life?*

*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**

Risen Lord,  
You have revealed Yourself to us in Your Word  
and in the mystery of the Eucharist.  
Stay with us, strengthen us, and send us forth as  
witnesses of Your resurrection.  
May the grace we have received  
ignite our hearts and transform our lives.  
Make us bearers of hope to all we meet.  
Amen.

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

*This week, make a deliberate effort to slow down and become more attentive to God’s presence in your daily life. Set aside time for prayer, take notice of God’s blessings as they unfold, and spend quiet moments with Scripture. Create space for silence, allowing yourself not to fill every moment with words or activity, but to rest in God’s presence and listen as He speaks to your heart.*

*If you have not been attending Mass regularly, go to confession and make Sunday Mass a renewed priority. In Holy Communion, Christ offers Himself to us in the most intimate way possible this side of heaven. It is there, in that encounter, that our deepest longings are met and the restlessness of our hearts finds its true fulfillment as we consume Him and He in turn consumes us.*

