

# Lectio Divina

## Sacraments: Session 3

*We begin our prayer:*

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

Father, You chose us in Christ,  
open our hearts to Your Word.  
Let the grace of our Baptism,  
the strength of Your Spirit in our Confirmation,  
and the love we receive in the Eucharist  
remind us that we are Your beloved children  
chosen before the foundation of the world.  
Draw us into the praise of Your glory  
as we rest in Your grace.  
Through Christ our Lord.  
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.*

Blessed be the God, and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavens. Before the foundation of the world he chose us in Christ to be holy and blameless in his sight and to be filled with love. He predestined us for adoption as his children through Jesus Christ, in accordance with his purpose and pleasure, to the praise of the glory of his grace that he so freely bestowed on us in the Beloved. (Ephesians 1:3-6)

***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 spiritual blessing has God poured into my life? Am I taking any of those blessings for granted?***

***What stirs in me when I hear that God chose me before the world began?***

*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,  
You have blessed me  
with every spiritual blessing in Christ.  
You chose me before the world began.  
You destined me for adoption,  
not because of my merit,  
but because of Your overflowing love.  
Let Your grace shape my identity,  
heal my wounds,  
and draw me deeper into the life  
of Your Beloved Son.  
Make my life a praise of Your glory.  
Amen.

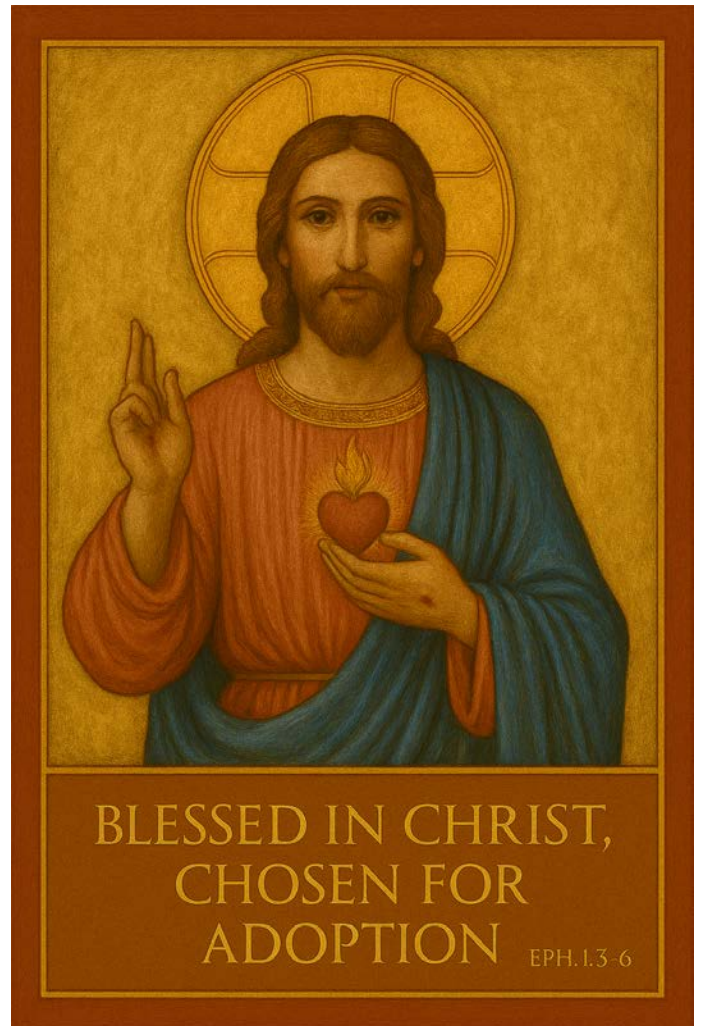
## Living the Word (*Actio*)

*God has already blessed you with every spiritual blessing in Christ. He chose you before the world began. He adopted you as His beloved child. These are not ideas to admire—they are truths meant to shape how you live today.*

*If you truly believe that you are chosen, blessed, and beloved, how should you act? How should you pray? How should you treat others? How should you approach the sacraments?*

*Let your actions today reflect the identity God has already given you. Live today as God sees you.*

*Choose one person today and treat them as God treats you – chosen, beloved, cherished. Share a kind word or affirmation, be patient and understanding, do one small act of kindness or act of mercy for this person.*



Excerpts from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. All rights reserved.