

# Lectio Divina

## Lectio Divina: Seeing the Devil Clearly Session 3

*We begin our prayer:*

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

Lord God of Strength,  
as we come before Your Word,  
clothe us in Your light and truth.  
Open our hearts to understand  
the armor You provide,  
the truth that steadies us,  
the righteousness that protects us,  
the faith that shields us,  
the salvation that anchors us,  
and the Word that guides and defends us,  
so that Your Word may shape our hearts  
and steady our steps, now and always. 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.*

Finally, draw your strength from the Lord and from his mighty power. Put on the armor of God so that you may be able to stand firm against the tactics of the devil. For our struggle is not with flesh and blood, but with principalities, with the powers, with the rulers of this present darkness, with the evil spirits in the heavens.

Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground.

So stand fast, with your loins girded in truth, clothed with righteousness as a breastplate and your feet shod in readiness for the gospel of peace. In all circumstances, hold faith as a shield, to quench all the flaming arrows of the evil one. And take the helmet of salvation and the sword of the spirit, which is the word of God. (Eph 6:10-17)

***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 your life might you need to rely on God's strength rather than your own?***

***Which piece of armor do you sense God inviting you to "put on" more intentionally and why?***

***What pressures, temptations, or discouragements make it hard for you to stand firm, and how is God equipping you to remain steady?***

*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 to 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**

Heavenly Father,  
we thank you for the strength You offer  
and the armor You place upon Your people.  
Seal in us the grace to stand firm against  
whatever seeks to pull us from Your love.  
Let Your truth guide our choices,  
Your righteousness guard our hearts,  
Your peace direct our steps,  
Your faith shield our minds,  
Your salvation give us hope,  
and Your Word remain ever on our lips.  
Send us forth as Your faithful witnesses,  
courageous in battle, steady in trust,  
and confident that You go before us.  
We ask this through Christ our Lord.  
Amen.

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

*This week choose one of the following suggestions to put this Word of God into action.*

### ***Put on the Belt of Truth:***

The truth is Jesus Christ! Replace one daily noise (social media, scrolling, videos) with 15 minutes of prayer and reflection on the daily Gospel and let His Word shape your mind and heart.

### ***Put on the Breastplate of Righteousness:***

Righteousness is living a life of holiness. Choose one concrete action this week to grow in holiness – attend daily Mass, increase prayer time, confession, read the Gospel. Do one intentional good each day – send an encouraging text, offer an apology where needed, avoid a sarcastic comment, or choose patience in a moment of irritation.

### ***Put on the Shoes of Peace:***

True peace is to know God. In tense moments (e.g., traffic, work stress, family conflict) pause before reacting. Let your tone and presence bring peace to the situation. Be the face of Christ to someone who needs gentleness and support.

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### ***Put on the Shield of Faith:***

When facing evil, temptation, self-doubt, worry, or fear, stop and pray: “Lord, you are my refuge and my protection, I give this to You. Protect me.” Then step forward in trust.

### ***Put on the Helmet of Salvation:***

When discouraged or depressed recall God’s promises: He is with you always. You are His beloved son or daughter. Christ died for love of you. Pray a Scripture verse that proclaims God’s strength and fidelity, such as Psalm 27:1 – *The LORD is my light and my salvation; whom should I fear? The Lord is the stronghold of my life; of whom should I be afraid?* Commit it to memory so that it becomes a refuge in difficult moments.

### ***Wield the Sword of the Spirit:***

Pray with God’s Word. Place a Bible verse on your mirror for daily encouragement. Sign up for an app that sends daily Scripture verses or meditate on the Sunday Gospel throughout the week.

