

Including Scripture in Your Prayer Life

In Section 5 you have learned about the importance of Scripture in living a faithful life. For the next seven days, you will experience different ways of including Scripture in your life.

1. For each of the next seven days, try one of the following ways of praying with Scripture. Choose one experience to practice each day; do not practice any experience more than twice for this assignment. Keep a journal each day, documenting (1) what experience you chose for the day, (2) what Scripture passages you studied during the experience, and (3) what you learned or felt during the experience.

You may find it helpful to plan out your week in advance to take advantage of opportunities offered in your community, such as Mass times or Bible study meetings.

- Attend a Bible study.
- Attend weekday or Sunday Mass, paying special attention to the Liturgy of the Word.
- Engage in *lectio divina* with a Scripture passage of your choosing
- Walk the Stations of the Cross at church.
- Study the scriptural origins of the Lord's Prayer (Matthew 6:5–15 or Luke 11:1–4).
- Pray the Morning, Daytime, or Evening Prayer from the Liturgy of the Hours (visit the DivineOffice.org Web site for the day's office of readings).
- Study the day's Mass readings (find texts and podcasts of the day's readings on the USCCB Web site).

2. At the end of the week, write a two- or three-page reflection paper answering the following questions:

- What did you learn from this week of praying with Scripture?
- Of the experiences you tried, which appealed to you most? Why? Are you likely to continue that practice on your own?
- Of the experiences you tried, which seemed the most difficult? Why?
- How can Scripture deepen your prayer and faith life?

