

Praying with Scripture

Lesson 36 Summary

Lesson Learning Objectives

- The participants will study connections between reading and praying Scripture.
- The participants will explore how Scripture can be a useful tool in deepening their prayer life.

Content Summary

1. God speaks to us through the people and events of our life every day. He especially speaks through Scripture, the liturgy of the Church, and the virtues of faith, hope, and love to get the relationship of prayer started and keep it going. All these things are sources of prayer.
2. God's love is the source and summit of prayer. Drawn to prayer by faith, and nourished in hope, we experience the love of God poured into our heart in prayer. Prayer is above all else a relationship of love.
3. Scripture is like God's love letter to us. Whether it's the Commandments, the words of the prophets, or the words of Christ, all of God's Word is an expression of his love for us. For this reason Scripture has an important place in prayer. Praying with Scripture does more than move us into dialogue with God; it changes us.
4. When we accompany prayer with reading the Bible, we move from a one-sided conversation into dialogue with God.
5. The Bible is no ordinary book. It is God's Word, and it continues to have creative power in the lives of those who read it today.
6. *Lectio divina* is a method of prayer from the monastic tradition of Christianity. The method is divided into five steps with Latin names: *lectio*, *meditatio*, *oratio*, *contemplatio*, and *actio*. The purpose of *lectio divina* is to be in God's presence praying with Scripture.
7. The Psalms are three-thousand-year-old songs that Israel used in its Temple worship. These beautiful poems, whether read silently, proclaimed aloud, or set to music, help us to express every possible human emotion and to share that experience with God.
8. Ignatian Gospel contemplation is a method of prayer that uses the imagination to immerse the person who is at prayer into a passage from the Bible. As the passage comes to life in the person's imagination, she or he is drawn into a personal and real-life encounter with Jesus in the present moment.

(All summary points are taken from *The Catholic Faith Handbook for Youth, Third Edition*. Copyright © 2013 by Saint Mary's Press. All rights reserved.)

