

The Big Three

SCRIPTURE • PRAYER • REFLECTION

Contemplative Bible Reading

SILENCIO: A PERIOD OF SILENCE BEFORE READING THE PASSAGE. IT IS A TIME OF LETTING GO OF YOUR PERSONAL AGENDA AND SURRENDERING TO WHATEVER GOD WANTS YOU TO EXPERIENCE AS YOU READ.

LECTIO: READ ALOUD A SHORT PASSAGE OF SCRIPTURE. AS YOU READ, LISTEN FOR THE WORD OR PHRASE THAT SPEAKS TO YOU. WHAT IS THE SPIRIT DRAWING ATTENTION TO?

MEDITATIO: REPEAT ALOUD THE WORD OR PHRASE TO WHICH YOU ARE DRAWN. MAKE CONNECTIONS BETWEEN IT AND YOUR LIFE. WHAT IS GOD SAYING TO YOU BY MEANS OF THIS WORD OR PHRASE?

ORATIO: NOW TAKE THESE THOUGHTS AND OFFER THEM BACK TO GOD IN PRAYER, GIVING THANKS, ASKING FOR GUIDANCE, ASKING FOR FORGIVENESS AND RESTING IN GOD'S LOVE. WHAT IS GOD LEADING YOU TO PRAY?

CONTEMPLATIO: MOVE FROM THE ACTIVITY OF PRAYER TO THE STILLNESS OF CONTEMPLATION. SIMPLY REST IN GOD'S PRESENCE. STAY OPEN TO GOD. LISTEN TO GOD. REMAIN IN PEACE AND SILENCE BEFORE GOD. HOW IS GOD REVEALING HIMSELF TO YOU?

INCARNATIO: ACKNOWLEDGE ANY WAYS THAT GOD MIGHT BE TRANSFORMING YOU IN YOUR INNER BEING OR IN YOUR OUTER ACTIVITIES. AT THE HEART OF LECTIO DIVINA IS THE ACKNOWLEDGEMENT THAT OUR RELATIONSHIP WITH GOD THE FATHER IS PRIMARILY THROUGH A PERSON – THE WORD – NOT WORDS WRITTEN IN A BOOK.

Listening Prayer

1. FIND A PLACE TO PRAY WITHOUT DISTRACTION.

2. SPEND A FEW MINUTES QUIETING YOUR RACING HEART BY CLOSING YOUR EYES AND FIXING YOUR ATTENTION ON THE LORD. PRAISE, THANK, AND WORSHIP HIM.

3. WHEN YOU ARE READY, ASK THE SPIRIT TO HELP YOU BY HIS GRACE TO STILL YOU WITH THE ABIDING PEACE AND PRESENCE OF JESUS. IF THERE IS ANYTHING BLOCKING YOUR ABILITY TO REMAIN FOCUSED ON CHRIST – A SIN THAT MAY BE HINDERING YOUR INTIMACY WITH HIM – CONFESS THAT OPENLY AND AUTHENTICALLY. THEN, THANK HIM FOR HIS FORGIVENESS, MERCY AND GRACE.

4. REST IN THE QUIETNESS OF YOUR HEART AND MIND. BE AWARE OF YOUR PHYSICAL BODY TOO. IF YOU NOTICE ANY STIFFNESS OR ANXIETY, INVITE THE SPIRIT TO RELAX YOU IN HIS PRESENCE. TAKE NOTE OF YOUR HEART: IS IT RACING? YOUR MUSCLES: ARE YOU TIGHT? YOUR EMOTIONS: ARE YOU UPSET? YOUR MIND: IS IT TOO BUSY? IF YOU ARE UNABLE TO STAY FOCUSED ON YOUR PRAYER, SIMPLY PRAY JESUS OR FATHER OR SOME OTHER VERY SIMPLE PRAYER. IF NECESSARY, WRITE DOWN ANY THOUGHTS THAT MAY BE DISTRACTING YOU AND ATTEND TO THEM LATER.

5. WHEN YOU SENSE THAT IT IS TIME, WHISPER OR WRITE OUT A SIMPLE PRAYER TO THE LORD. FROM YOUR RECENT BIBLICAL MEDITATIONS OR YOUR PERSONAL EXPERIENCES OF LATE, IS THERE A QUESTION YOU WANT TO ASK OF THE LORD? IF SO, THEN INQUIRE OF HIM. SIT QUIETLY WITH YOUR QUESTION AND WAIT UPON THE LORD. AS YOU SENSE HIS PRESENCE AND VOICE OF LOVE, WRITE DOWN WHAT YOU HEAR. DON'T EDIT OR CONTROL THE EXPERIENCE. SIMPLY RECORD ANYTHING YOU SEE OR HEAR OR SENSE. TRUST THAT THE HOLY SPIRIT IS AT WORK AT THAT MOMENT. THE TIME FOR DISCERNMENT WILL COME LATER.

Daily Examen

1. BECOME AWARE OF GOD'S PRESENCE.

ASK THE HOLY SPIRIT TO INCREASE YOUR AWARENESS OF GOD'S PROMISED PRESENCE.

2. REVIEW THE DAY WITH GRATITUDE.

WHAT GIFTS DID YOU RECEIVE FROM GOD?

WHAT GIFTS DID YOU RECEIVE FROM OTHERS?

GIVE THANKS AND CELEBRATE THESE THINGS.

3. PAY ATTENTION TO YOUR EMOTIONS.

LIST A FEW FEELINGS THAT WERE PRESENT THROUGHOUT THE DAY: EMBARRASSMENT? FEAR? ELATION? CONTENTMENT? WHAT WAS THE CONTEXT OF THESE EMOTIONS?

4. CHOOSE ONE FEATURE OF THE DAY AND PRAY FROM IT.

ASK THE HOLY SPIRIT TO BRING ONE ELEMENT OF YOUR DAY TO MIND. FOCUS SPECIFICALLY ON THAT EXPERIENCE. SIT WITH IT, LISTENING IN PRAYER, AND JOURNAL WHAT YOU SENSE GOD IS SPEAKING.

5. LOOK TOWARD TOMORROW.

AS YOU LOOK TOWARD TOMORROW, WHAT EMOTIONS OR FEELINGS ARE PRESENT: EXCITEMENT? ANXIETY? DREAD? DELIGHT? ALLOW YOUR EXPECTATION OF THE COMING DAY TO FORM A PRAYER TO GOD.

Download Fillable Sheets: vinfo.org/bigthree