



Catholic Central Activity Guide

Episode 26: Lectio Divina

Diving Deeper

- ☐ St. Jerome said, "Ignorance of Scripture is ignorance of Christ." How do you think praying this way could help you to better know Jesus?
- ☐ In the episode, Libby relates to the idea of hiding from God. Have you ever tried to run away or hide from God? What was the result? Are there ways you can strive to have deeper encounters with God?
- ☐ In order to have a meaningful experience with Lectio Divina, it's best to start with a mind that's at peace and an environment free of distractions. Do you struggle with calming down your mind? What are the things that distract you the most? How can you take breaks from them?

Go Forth

- ☐ Choose a passage from one of the upcoming Mass readings on Sunday. Practice Lectio Divina with it. Be sure to give yourself enough time to contemplate it and dialogue with God to find out what He might be wanting to tell you through it.
- ☐ Choose an act of service to do for others. It can be small and informal, like doing a favor for someone, or something bigger and more organized like serving food to the homeless. Before you start, pick a Bible verse to keep in mind throughout the day. Meditate, pray, and contemplate on the word or words while you perform your acts of service.



Resources

- ☐ [Written instructions on lectio divina](#)
- ☐ [Lectio Divina workbook](#)
- ☐ [Australian podcast with guided lectio divina](#)

