

**ORATIO: Pray with the Scriptures -**

Dialogue with God in prayer about the passage. Ask Him to lead you into a deeper understanding. Write what you hear God is saying to you.

Journal starter: Dear Jesus... Please help me understand...

**CONTEMPLATIO: Contemplate the Scriptures-**

Quietly express the love between you and God. What did you see, hear, or feel. Note what God is trying to teach you through the passage and time of prayer.

Journal starter: I think you are teaching me... Lord, I love you for... I believe...

**GRATIAS TIBI AGŌ: I give thanks to you -**

Spend a few moments in thanking God for the time of prayer you have just shared with him.

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**MONDAY NIGHT—PRAYING THE PASCHAL MYSTERY**

**THE RESURRECTION:**

**WALK TO EMMAUS - LUKE 24:13-35**

**AUGUSTINIAN LECTIO DIVINA:**

**SPIRITUAL HEARING OF THE DIVINE.**



Lectio Divina is a slow, prayerful reading of Bible verses. They become the tool for lifting your heart and mind to God and his mysteries. St. Augustine adapted the Lectio Divina in the section of Meditatio, you write yourself into the story with your imagination. Listen to the reading and use it as an inspiration to pray, following the steps outlined below.

*Prepare yourself to pray:*

*O Holy Spirit, come into my heart: by your power draw me to yourself. Guard me against distractions and help me to listen to your Words*

**LECTIO Read the Scriptures -**

Read several times, be attentive to detail. Note verses or phrases that stand out to you. Work to understand meaning and background.

Journal starter: In this passage... My favorite verse was... I noticed...

**MEDITATIO: Meditate on the Scriptures -**

Think about the reading and how it could connect to your life. Imagine being there and read the Scriptures with your name in place. You are a character in the narrative.

Journal starter: I hear... I see... He/she said to me...

THE SCRIPTURE ACCOMPANYING THE IMAGE

Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures.<sup>p</sup> 28As they approached the village to which they were going, he gave the impression that he was going on farther. 29But they urged him, “Stay with us, for it is nearly evening and the day is almost over.” So he went in to stay with them. 30And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. 31With that their eyes were opened and they recognized him, but he vanished from their sight. 32Then they said to each other, “Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?”

LUKE CHAPTER 24:27-32



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