

ORATIO: Pray with the Prayer and Image

Dialogue with God in prayer about the Liturgical Prayer. Ask Him to lead you into a deeper understanding. Journal starter: Dear Jesus... Thank you God for... Please help me understand...

CONTEMPLATIO: The Prayer with the image

Quietly express the love between you and God. Note what God is trying to teach you through the passage and time of prayer.

Journal starter: I see you... I feel... I am...

GRATIAS TIBI AGŌ: I give thanks to you -  
Spend a few moments in thanksgiving to God

John 6:48-51, 53-56

I am the bread of life. Your ancestors ate the manna in the desert, but they died;<sup>z</sup> this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.”<sup>a</sup>

“Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats\* my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him.

**TUESDAY NIGHT—PRAYING  
THE PASCHAL MYSTERY  
ASCENSION - AND  
THE REAL PRESENCE**



LECTIO AND VISIO DIVINA:  
READING & SEEING THE DIVINE.

Combining Lectio and Visio Divina we prayerfully read Bible verses, Liturgical prayers, and images. They become the tool for lifting your heart and mind to God and his mysteries. 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 Prayer - as you consider the image  
Read several times, be attentive to detail. Note phrases that stand out to you. Work to understand meaning and background. Consider Scriptures that are within the prayer as you view the image.

Journal starter: My favorite statement is... I notice... I feel...

MEDITATIO: Meditate on the Prayer with the image

Think about the prayer and how it could connect to your life. Consider being present to hear the prayer and witness the Mass, the first time it was said.

Journal starter: This reminds me of... I am here... I can connect this to...

