



INTO THE DEEP

come to the water . . .

REGAP – EXAMINATION

- “Let us search and examine our ways that we may return to the Lord!” -
Lamentations 3:40
- This helps start the conversation and focus our prayer time
- ACTS:
 - Adoration
 - Contrition
 - Thanksgiving
 - Supplication

REGAP – EXAMINATION

- How to structure your holy hour by implementing ACTS with Meditation/Contemplation
- Remember to let the holy spirit lead
- A daily examination can help us grow in mindfulness and the virtue of prudence

SCRIPTURE

- We hear scripture every time we go to mass.
- If you go to mass every Sunday for 3 years, you will have heard almost the whole bible.
- Though we have heard much of scripture, how much of it are we letting change our hearts and lives?
- “The Holy Scriptures were not given to us that we should enclose them in books, but that we should engrave them upon our hearts” - St. John Chrysostom

WHY IS SCRIPTURE IMPORTANT?

- Sacred Scripture is not just words on a page, but it is the living voice of God!
- Scripture helps us know God (Yada)
- “Ignorance of the Scriptures is ignorance of Christ” - St. Jerome
- “It is not possible, I say not possible, ever to exhaust the mind of the Scriptures. It is a well which has no bottom” - St. John Chrysostom

INTERPRETING SCRIPTURE

- There are objective truths that God speaks in the bible, but it is also made to be interpreted and related to your own life.
- “I am the way, the truth, and the life. No one comes to the Father except through me.” -John 14:6
- Historical significance helps with our own interpretations



Psalm 23

The Lord is my shepherd there is nothing I lack. In green pastures you let me graze; to safe waters you lead me; you restore my strength. Tou guide me along the right path fo thte sake of your name.

LECTIO DIVINA

- Latin for “Divine Reading”
- **Lectio** (Read)
- **Meditatio** (Meditate)
- **Oratio** (Pray)
- **Contemplatio** (Contemplate)

LECTIO DIVINA

- Lectio (Read) - read passage slowly, attentively, prayerfully
- Meditatio (Meditate) - Reflect on the words. What is God saying to you? How does this apply to my life?
- Oratio (Pray) - Speak to God from your heart about what you have read. Perhaps you feel gratitude, conviction, or a desire to change.
- Contemplatio (Contemplate) - Simply rest in God's presence. Let His words fill your soul with peace. This is not about speaking but about being with God.

WHY LECTIO DIVINA?

- With Lectio Divina, we read for transformation, not merely information.
- Submit to the voice behind the text
- Using the “ear of the heart”
- While the daily examination helps us grow in awareness of the Lord’s presence, Lectio Divina helps us grow in awareness of the Lord’s voice.

WRAP PRAYER

- W - Write
- R - Reflect
- A - Apply
- P - Pray

WRAP

- **W - Write**

- write the image, verse or verses that speak to you.

- **R - Reflect**

- Reflect on what stuck out to you, use your intellect and reason. Write down your thoughts, feelings and desires. dialogue with Jesus

- **A - Apply**

- How is Jesus calling you to apply these truths from Scripture. Write down how you can apply it beginning today.

- **P - Pray**

- Write a prayer related to the verses offering praise and thanksgiving. Ask God to help you respond in faith to His Word.

SCRIPTURE

- The Gospels are a great place to start.
- Use the daily readings for the day
- Don't be afraid to pray with the same passage multiple times.
- Humbly open your heart in order to hear the Lord speaking to you through scripture.
- This is an easy way to bring scripture and prayer into your family.

John 15: 1-10



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