

SUGGESTED BIBLE TEXTS FOR PRAYER

The Road to Emmaus Lk.24:13-35

Healing of a Leper Mt. 8:1-4
Calming of the Storm Mt. 8:23-27 Feeding the
Five Thousand Mt. 14:13-21 Healing the Blind
Man Mt. 20:29-34

Healing of the Demoniac Mk. 5:1-20 Syrophenician
Woman's Faith Mk. 7:24-30 Transfiguration Mk.
9:1-8
Anointing at Bethany Mk. 14:1-9

Annunciation Lk. 1:26-38
Cure of Simon's Mother-in-law 4:38-43 Raising of
the Widow's Son Lk. 7:11-17 Woman with the
Hemorrhage Lk. 8:40-48

Wedding at Cana Jn. 2:1-11
Woman at the Well Jn. 4:1-42
Crucifixion Jn. 19:17-30
Mary Magdalen at the Tomb Jn. 20:11-18

PRAYING WITH SCRIPTURE

Dwelling on a text of Scripture
in the presence of the Risen Lord Jesus
in order to be transformed.

"For the word of God is living and effectual, and more piercing than any
two edged sword; and reaching unto the division of the soul and the spirit,
of the joints also and the marrow, and is a discernor of the thoughts and
intents of the heart." Hebrews 4:12

Use Luke 18:35-43

1. **Slowly read** the Biblical text out loud until a passage or word catches your attention. Slowly repeat the phrase or word for a few minutes. (Body)
2. **Gently ponder** the passage to gain understanding of the text. Reflect what the passage means or use your imagination to become part of the scene. Ask who, what, where, why, how. (Mind)
3. **Pray spontaneously** as a personal response to Christ. Notice what emotions arise. (Heart)
4. **Rest in Silence** "Be still, and know that I am God!" Ps. 46:10. If distractions arise, gently repeat the word or phrase that spoke to you in the first step. Let the Word of God wash over you. (Soul)

JESUS, TEACH US TO PRAY

Jesus prayed to the Father in solitude

And rising very early, going out, he went into a desert place: and there he prayed. Mk. 1:35

“And having dismissed the multitude, he went into a mountain alone to pray. And when it was evening, he was there alone.” Mt. 14:23

Jesus prayed in the presence of his disciples

“These things Jesus spoke, and lifting up his eyes to heaven, he said: Father, the hour is come, glorify thy Son, that thy Son may glorify thee.” (Jn. 17: 1ff)

Jesus prayed the psalms

“And when they had sung an hymn, they went out into the mount of Olives.” (Psalms 114-118 concluded the Passover ceremony).

“And about the ninth hour Jesus cried with a loud voice, saying: Eli, Eli, lamma sabacthani? that is, My God, my God, why hast thou forsaken me?” (Refers to Ps. 22:2)

Jesus taught us how to pray

The Lord's Prayer, the Our Father:
Lk. 11:2-4 and Mt. 18:19-20

**While reading or listening to the Scriptures
take note of the other passages relating to prayer.**

Lectio Divina

PRAYING WITH SCRIPTURE

Ignorance of Scripture is ignorance of Christ.
-St. Jerome