

Treat Yourself This Lent! Learn Lectio Divina.

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Lent is a graced time for Catholics to engage in the spiritual practices of prayer, fasting, and almsgiving as ways to develop a more meaningful and personal relationship with God. This Lent, try praying with the daily and Sunday Mass readings using Lectio Divina. It can transform your life!



If you are not familiar with this Catholic prayer form, watch a nine-minute video produced by Paulist Evangelization Ministries titled, Learn Lectio Divina. This video teaches you how to use Lectio Divina as a way to pray with the Scriptures. Watch the video on YouTube [here](#) .

After you learn Lectio Divina, try this suggestion beginning on Ash Wednesday, March 6. Go to the daily Mass readings on the homepage of the US Bishops' site [here](#) . Read the Scriptures for that day, and then select a small portion of one of the readings to pray with using Lectio Divina. Set aside about ten minutes each day and try it for a week. Then make any changes needed so that this way of praying with the Scriptures works best for you. Take some time each week during Lent to evaluate your progress, making changes as needed, and thank God for the graces you have received. Be sure to pray that the Holy Spirit will guide you on a path of personal spiritual renewal during Lent.