



Lasallian Reflections

No. 9

Brothers of the Christian Schools

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The Collatio

In this group method of prayer, the Scripture story is recited aloud, then participants consider a word or phrase that strikes them and share how they feel the Scripture is speaking to them in their lives. This method opens us to others' insights and invites us to trust the group with our journey in faith.

First Reading

Slowly read the Scripture passage.

Speak the Word

After the first reading, notice a word or phrase that strikes you personally. Repeat it a few times to yourself. Each person speaks their word or words aloud when they are ready.

Second Reading

Slowly read the Scripture passage again.

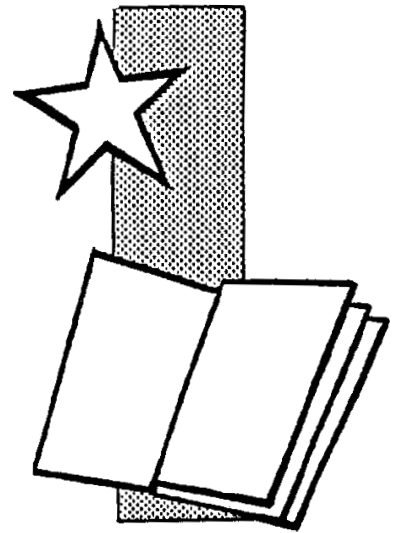
Apply the Word to Your Life

After the second reading, make a silent application to yourself, for example, "I sense that God is calling me to love, trust, forgive."

After a period of reflective quiet, each person then shares with the group how the Scripture is speaking currently to their life, relationships, work, events in society and the world.

Intercession and Closing Prayer

After the sharing, the time is ended with prayers of intercession and a closing prayer such as the "Our Father."



Lectio Divina

“Divine Reading,” or *lectio divina*, has been used by Christians for centuries. It is a way of listening to the Scripture texts as if we were in a conversation with Christ. The daily encounter with Christ and reflection on God’s word lead us beyond mere acquaintance to a relationship of intimacy and an attitude of friendship, trust and love. This way of prayer leads us to a “resting in God.”

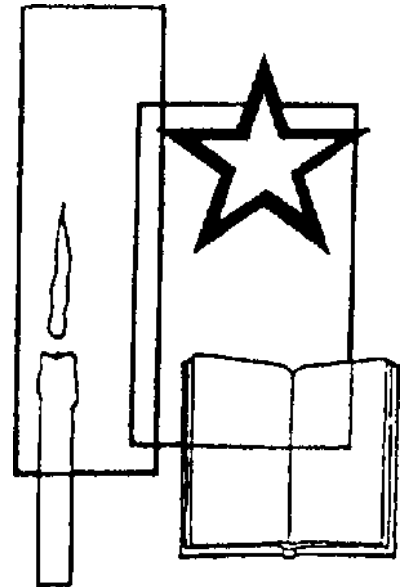
Lectio > Reading

Having designated time and place for your prayer, spend a few moments in silence. Attempt to be open to God’s presence within and around you.

Read a scripture passage slowly. You may spend a long time on one word, single verse or with a sentence. Be free to read just a few words several times. Listen to how God is being revealed to you as you read.

Meditatio > Meditation

Reading moves naturally into meditation. In meditation, begin to explore how the reading of Scripture relates to your life. Is it comforting? Is it challenging? Does it make you angry? Be attentive to your feelings. Relate the Word of God to your own life.



Oratio > Responding

In this stage, you are asked to respond to how God has been revealed to you during the first two steps. Your response may include offering words of thanksgiving, sorrow, or petition to God. You may feel God is asking you to change. You may see a need in your family, friends, community, workplace, Church, neighborhood, or world and feel yourself challenged to do something about this need.

Contemplatio > Contemplation

At this point you are invited to wait in stillness before God reflecting on how God has been present with you during the previous three steps. Be attentive to God’s movement in your life in and beyond the specific time of prayer. Allow what is revealed to you to flow over into the rest of your life.

Imaginative Contemplation

[Ignatian Contemplation]

In this way of prayer we enter into the Scripture by way of imagination, making use of all our senses. This way invites one to contemplate, recall, and be present at the mysteries of Christ's life that are revealed in Scripture. In contemplation, one enters the story as if one were there.

Read the Story

Slowly read the passage. Watch what happens. Listen to what is being said.

Meet the Characters

Look at each of the individuals. What does he or she experience?
To whom does each one speak?

Become a Character

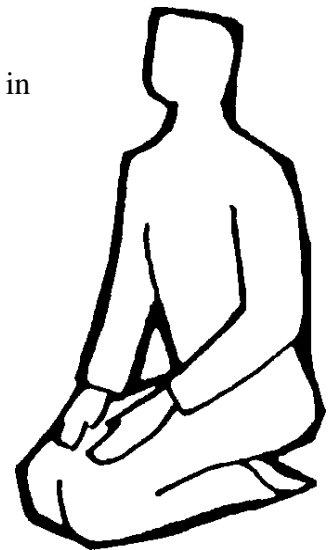
Become part of the mystery by assuming the role of one of the persons you sense you are drawn to as you slowly stay with the text.

Enter the Dialogue

Enter into dialogue, listen and respond with Jesus or one of the characters in the Scripture text. Pay particular attention to the thoughts, feelings that arise within you as you dialogue.

Recognize the Choices

Ask yourself, "What difference does what I hear make for my life, my family, my community, and society?"



A Daily Offering of Self

First Movement

Pause for a few minutes to quiet yourself and to remember that God is, even in this very moment, present to you.

- *In all of creation, everything around you.*
- *In your very self, keeping you alive.*
- *In the midst of those with whom you are praying.*
- *In the Eucharist & in the Word of God.*
- *In you by God's grace at work in your life.*
- *In the chapel as God's dwelling place.*
- *In the young and the poor.*

Ask for the graces necessary to understand better what God's will is for you and that you might give yourself wholeheartedly to a more conscious accomplishment of this will ... to God's will.

I consecrate myself entirely to you to procure your glory as far as I am able and as you will require of me (De La Salle, 1694).

Second Movement

Contemplate the Mystery of God's love at work in the world.

Read today's gospel a few times slowly. What word or words especially catch your attention? Listen to what is being said; watch what happens; try to become part of the Mystery; lovingly contemplate Jesus.

Reflect on the Mystery of God's love at work in your own life.

- Does today's gospel have any relevance to your life?
- How does this text invite you to be more faithful to the ministry of the human and Christian education of youth?
- How do you try to share the message of this gospel with those with whom you live and work ... with those who have been entrusted to your care?
- If you chose to allow this scripture passage to come alive in you now, what would have to change in your life? What are the obstacles to this change?

Third Movement

Resolve to be open to the Spirit working in and through you today.

- Where is the Spirit drawing you to sacrifice yourself today that others might have a happier, fuller, holier, and more love filled life?
- Take a few minutes now to thank God for this time you have spent in prayer and to re-offer yourself, *as far as you are able*, to the accomplishment of God's will ... God's plan.

Directions adapted from De La Salle's "Method of Interior Prayer" by William Mann, FSC