



Guided Meditation for Students

Guided Lectio Divina

Below are the steps of the Lectio Divina. Read each of the steps to students so that they may familiarize themselves with the process. Use the prayer and illustration guide to promote a personal connection with God and understanding of the reading.



Lectio:

- Choose and read the Bible passage that was chosen several times. Be very familiar with all of the details within the passage.
- Ask younger students questions to check for understanding.



Meditatio

- Meditate on the passage and how it connects to your life. Use your imagination to visualize parts of the story.



Oratio

- Offer God a prayer after you have thought about and connected with the passage. This personal prayer can be used to ask God to help you understand the prayer better or thank him for his words.
- Help younger students create prayers with sentence frames.



Contemplatio

- Communicate with God silently. This can be the most difficult part because we are silent and listening to God through his words. We then put his words into action in our lives.



Lectio Divina Passage: The Christmas Story

So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no guest room available for them. And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord.

This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest heaven, and on earth peace to those on whom his favor rests." When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about." So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. When they had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in her heart. The shepherds returned, glorifying and praising God for all the things they had heard and seen, which were just as they had been told.



Lectio Divina Guide

For younger students, such as grades 2 and 3, use this guide as a discussion not for individual use.

Chosen Passage	
<p>1. Book: Luke</p> <p>2. Chapter and Verses: 2: 1-20</p>	
<p>1. Lectio – Read</p> <p>What was important in this story?</p> <p>What do you wish to understand better?</p>	<p>2. Meditatio – Meditate</p> <p>Think about what stood out and what you want to understand better. Focus on these thoughts.</p> <p>Visualize, if you can, parts of the reading that you connected with. Think about why it was meaningful to you.</p>
<p>3. Oratio – Pray and Talk with God</p> <p>Say a prayer thanking God for his word. If you need to, ask him to help you understand this passage better.</p>	<p>4. Contemplatio – Think and Be with God</p> <p>After silently thinking about God’s message in this passage think about what it meant to you.</p>



Lectio Divina Prayer

Dear God,

This Christmas I hope to

_____.

I wish _____.

Please help me with understanding

_____.

My gift to the world will be _____.