

READ THE BIBLE

7 SUGGESTED STUDIES

[Read 1 chapter a day – approximately 1 page]

1. READ GOSPEL OF MARK (THE SHORTEST GOSPEL)
2. READ GOSPEL OF LUKE AND THE ACTS OF APOSTLES (LUKE WROTE BOTH)
3. READ GOSPEL OF JOHN AND THE 2 LETTERS OF JOHN
4. READ THE 14 CHRONOLOGICAL BOOKS:
GENESIS, EXODUS, DEUTERONOMY, JOSHUA, JUDGES, 1 SAMUEL, 2 SAMUEL, 1 KINGS, 2 KINGS, EZRA, NEHEMIAH, 1 MACCABEES, LUKE, ACTS OF APOSTLES
5. READ LETTERS OF PAUL
6. READ PROVERBS (COLLECTION OF WISE SAYINGS)
7. READ LETTERS OF PETER, JAMES, AND JUDE

PRAY THE BIBLE

[15 mins a day!]

Lectio divina means “holy reading.” It is a type of mental prayer that uses the Scripture. Don’t just *read* the Bible; *pray* the Bible! Ask God to speak to you through the words of Jesus in the Gospels.

STEPS TO *LECTIO DIVINA*:

1. Carve out 15 minutes in your day for *lectio divina*. Begin your prayer time by inviting the Holy Spirit into your soul. Ask Him to help you hear what He wishes to tell you that particular day.
2. Focus on the Gospel from Mass that day. Find it using an App on your phone (such as Laudate or iBreviary), or a daily Missal, or the *Magnificat* magazine, or by downloading it daily from internet (such as from USCCB website).
3. Slowly read the Gospel from Mass that day. Slowly read it again, looking for a word or phrase that catches your attention. When you find one, stop and think, “What does God want to tell me today through this word/phrase? How does it apply to me or my situation?” Don’t simply try to understand meaning of the whole reading, but rather focus on words and phrases. Put yourself in the place of Jesus, or in the place of those to whom he is talking.
4. After you have reflected for a few minutes, continue reading and look for another word/phrase that sticks out for you. Ponder on it also for a few minutes. Continue this process until your 15 minutes are up.

Sometimes God will engender ideas or memories. Other times He will quiet us down and give us peace. Other times He will give us quiet strength to fight temptations. God will have something different to tell us each day.