

JESUS FACTORY • RICA FOR TEENS

LECTIO DIVINA • NEW RICA LESSON

Using the Bible for Prayer

A young person's introduction to Lectio
Divina: encounter God in Scripture.

Read • Reflect • Pray • Rest



The Bible is more than information

In prayer, we listen for God's Word and answer with our lives.

■ Read slowly

Choose a short passage, not a whole chapter.

■ Notice

Let a word or moment stay with you.

■ Respond

Talk with God rather than giving a class report.



THE GOAL Not a special feeling, but a deeper friendship with Christ.

What is Lectio Divina?

A centuries-old Christian way of praying with Scripture.

God speaks

We listen attentively to a passage of the Bible.

We answer

We respond with an honest prayer.

We grow

We carry God's Word into ordinary life.

MEANING Lectio Divina is Latin for “divine reading.”

Prepare your heart and your Bible

No complicated supplies are needed.

Choose a place

Sit where you can be quiet.
Silence your phone.

Choose the text

Try a short Gospel passage,
such as Luke 10:38–42.

Begin with prayer

Ask the Holy Spirit to help you
listen with openness.

IN A GROUP Read the passage aloud. Nobody needs to share anything personal.

The classic four-step path

The most familiar approach to Lectio Divina.

1 • LECTIO

READ

What does the text say?

2 • MEDITATIO

REFLECT

What is it inviting me to notice?

3 • ORATIO

PRAY

What do I say to God?

4 • CONTEMPLATIO

REST

Can I be still with God?

IMPORTANT These are guides to prayer, not a test to pass.

Lectio • Read

Listen to what the passage actually says.



Try it

Read Luke 10:38–42 slowly.

Who is in the scene?

What is happening?

Which word or phrase stands out?

Leave a quiet pause.

Meditatio • Reflect

Listen for the meaning and consider your own life.

Understand

What is the passage saying in its biblical context?

Connect

Where does this touch my life today?

Listen

Is Christ inviting me to change a habit or attitude?

BE CAREFUL First hear what Scripture says; do not make it mean anything we want.

Oratio • Pray

Answer God honestly in your own words.

Thank

"Lord, thank you for caring for me."

Ask

"Help me make time to listen."

Offer

"I bring my worries and my friends to you."

SIMPLE IS ENOUGH A sincere sentence can be a real prayer.

Contemplatio • Rest

After speaking, make room for silence.



Stay present

Sit quietly for a moment.

You do not need another speech.

If distracted, return gently to the passage.

The silence is not empty; it is prayerful attention.

One tradition · Several methods

The handbook presents four ways to organize the same prayerful encounter.

A · FOUR STEPS

Read → Reflect → Pray
→ Rest

B · REPEATED

Re-read several times
before the other stages.

C · WRITTEN FIVE

Read → Reflect → Pray
→ Rest → Act

D · THREE READINGS

One reading each for
word, life, and
response.

CHOOSE ONE You do not need to perform all four methods in one session.

Four steps with repetition

Hearing the passage again can reveal a new detail.

How it works

1. Read slowly once.
2. Read the same passage twice more.
3. Notice what stands out.
4. Continue with reflection, prayer and rest.

When it helps

Try this when a text feels unfamiliar, your mind wanders, or the same words sound different when another person reads them aloud.

The five-movement written method

The handbook adds a written response and an action for the week.

1 • LECTIO

Intellect
What happened?

2 • MEDITATIO

Heart
What touches me?

3 • ORATIO

Whole person
How do I answer God?

4 • CONTEMPLATIO

Silence
How can I listen?

5 • ACTIO Plan one concrete act of love and return to it during the week.

The five movements • Your worksheet

Brief notes are enough: this is prayer, not homework for a grade.

READ

Who is present?
What happens?
What is the teaching?

REFLECT

What challenges me?
How does it connect to today?

PRAY

What do I ask, thank, offer or
praise God for?

THEN REST AND ACT Be still; afterward write one realistic response.

The traditional three-reading method

Especially suited to a small group with gentle pauses.

First reading

Hear one word or phrase.
Share it briefly if you wish.

Second reading

Notice Christ in the scene.
Where does it touch your life?

Third reading

Listen for an invitation.
What might you do this week?

AFTER EACH READING Make room for quiet; sharing is not a debate.

Which approach should I try?

Same Bible, same purpose: meet God in his Word.

FIRST TIME?

Classic four steps
Easy to remember

DISTRACTED?

Repetition
Read slowly again

LIKE JOURNALING?

Five written movements
End with action

WITH FRIENDS?

Three readings
Simple rounds

NOT A RANKING The Carmelite handbook offers options, not one “best” method.

Our passage: Mary and Martha

Read Luke 10:38–42 directly from a Bible.



Notice the scene

Jesus visits a home.

Martha is busy serving.

Mary listens at his feet.

Jesus speaks about what is truly needed.

What word will you bring to prayer?

Let's try the four-step method

A simple 10-minute classroom practice.

2 MIN • READ

Listen to the Gospel.
What stands out?

3 MIN • REFLECT

When do I rush instead
of listening?

2 MIN • PRAY

"Jesus, teach me to be
present."

3 MIN • REST

Be quietly attentive to
God.

AFTERWARD Write one kind action you can take this week.

Sharing without pressure

A safe and respectful group supports prayer.

Listen

Let each person speak without interruption.

Pass

If you prefer not to share, say “Amen” or stay silent.

Protect privacy

Do not demand explanations or discuss someone else’s prayer.

LEADER TIP Try groups of 5–6 when possible. Choose different readers.

Lectio Divina at home

A quiet corner, one short passage, and a few minutes are enough.

A daily pattern

Read the Sunday Gospel or a brief passage.

Read it again slowly.

Sit with one phrase.

Pray in your own words.

Remain silent for a moment.

Bring it into life

Let prayer shape one choice: make peace, show patience, listen to someone lonely, or help at home.

When prayer feels difficult

Distractions and silence are normal parts of learning.

"I keep thinking."

Notice it, and return to the passage gently.

"Silence is awkward."

Begin with 30 seconds. Grow gradually.

"Nothing happened."

Prayer is not measured by dramatic feelings.

REMEMBER Prayer opens us to God; it is not a technique to force a result.

My Lectio Divina prayer card

Printable reflection · No grade · Sharing is optional.

I noticed...

The passage: _____

One word or phrase: _____

What it means: _____

My prayer: _____

I will try...

One small act of love this week:

When I will do it:

We listen and we answer

Bring your Bible reading into daily life.



Prayer

Holy Spirit, open our hearts.
Help us hear God's Word,
respond with trust,
and practice love today.
Through Christ our Lord. Amen.

ONE QUESTION Which method will I try, and why?

Sources and leader notes

A youth-friendly adaptation; not a substitute for the full handbook.

Primary and supporting sources

Order of Carmelites (Province of the Most Pure Heart of Mary), Lectio Divina Handbook, Edition 1.1 (Sept. 2025), §§2–3, 6, Appendix C.

Pope Benedict XVI, Verbum Domini §87.

Scripture: Luke 10:38–42; James 1:22; 2 Timothy 3:16–17.

Catechism of the Catholic Church §§2705–2708.

Source: laycarmelitespcm.org/wp-content/uploads/2026/05/LectioDivinaHandbook.pdf

PUBLICATION RICA for Teens · Lectio Divina lesson.