

ARRR!

Remember, no matter what form or format of prayer you use, prayer is a relationship with the Father, Son and Holy Spirit. A particular form of prayer (lectio, the Rosary, simple conversation, Eucharistic Adoration etc.) is meant to engage your heart. Lift up your hearts to the Lord. Honesty and Consistency in **Acknowledging** the thoughts, feelings and desires in your heart, **Relating** them to the Father, Son and Holy Spirit, **Receiving** from God light, love, understanding, and **Responding** to the personal experience of His love will be the hallmarks of a real and growing intimacy in prayer. Below is an outline of Lectio Divina that readily engage our hearts and invite us into ARRR'ing.

Preparation Pointers for Lectio Divina

Place	Find a quiet time and place. It helps when you can find a consistent time and place.
Posture	Be relaxed and comfortable, but not in a posture conducive to sleep.
Passage	Choose a passage from Scripture before you begin.
Prayer	Begin with a prayer to the Holy Spirit, asking Him to lead your prayer.

Simple Steps for Lectio Divina

Let these four steps weave in and out of your time of reading. They may not follow in direct sequence. The Holy Spirit is the teacher of your prayer.

Lectio	Read a passage slowly. Pause when you feel your attention drawn to a word, phrase or thought.
Meditatio (Acknowledge)	Ponder this passage and what it means for you. Use your imagination and engage your spiritual senses! Pay attention to, acknowledge, the thoughts, feelings, desires that accompany the detail that has arrested your attention. What truth that strikes you from the passage/ what jumps out at you. How does that truth impact your life? What does it say to you? Notice any images that come to mind, or any memories that are stirred. Pay attention to what arrests your attention.
Oratio (Relate, Respond)	Prayer. Talk with God about the passage and your reflection. What thoughts, feelings and desires stir in your heart as you focus on what has arrested your attention? Share these thoughts feelings and desires with Jesus, with the Father.. What do you want to say to God? Do questions arise in your heart? Ask them of God. What are you drawn to? What bothers you? Tell God all about it. Use direct address, be honest, don't filter.
Contemplatio (Receive)	When moved by God, rest in the quiet presence of God; surrender to grace. Where does your heart rest? If you experience His Love, if there is a movement of peace, or joy or gratitude let yourself rest there. Is there clarity, wonder or amazement? Let it soak in.. Be still, be quiet, savor God with you in His Word. Make clear that this moment (contemplatio) is a gift to be received.. When ready, return to your reading.

Steps of WRAP

Begin with a prayer to the Holy Spirit that God's Holy Word may come alive for you and speak to your heart.

1. **W** stands for **Write**: As you read and re-read the passage, **write down** the verse or verses from the passage that grab your attention, inspire you, bother you, or speak to your heart. (Lectio)
2. **R** stands for **Reflect**: What truth is God showing you in the verse or word that you have written down? What is the principle or idea being communicated? What is God saying to you through this word? It can also be helpful to imagine the scene, reflecting on what feelings or desires are evoked. How am I moved by what is said/ done / what I notice? (Meditatio)
3. **A** stands for **Apply**: respond to this word in a concrete and specific way. Let the Lord inspire you to see how this word speaks into your life and circumstances in a way that makes a difference. How can you apply this message beginning today? (More Meditatio)
4. **P** stands for **Pray, Praise and Pause**: **Write** a *prayer* to God, telling him of what you have experienced in this time with His Word- your thoughts, your feelings, your desires, your questions, any memories that were stirred up. Pray the verses back to God in your own words. Try to pray from your heart about what the verses opened in your mind, your emotions, and your life. Write words of **praise** and **thanks** to God for his goodness, love and beauty and the particular light and blessings you have received in this time. (Oratio) When you are done writing, pause, and rest in His presence, let Him love you, receive grace and strength. (Contemplatio)

***** Key truth: *The gratitude in the prayer is important! It will focus your heart on the lived experience of God, and facilitates a fruitful resting as you pause.* *****

This method of learning Lectio Divina helps the person be focused and concrete during prayer, while at the same time inviting the dynamics of acknowledging their thoughts, feelings and desires, relating them honestly to God, receiving the felt experience of God's presence, power and love and responding in a concrete way sustained by the grace received. These are key habits to grow in real intimacy with the Father, Son and Holy Spirit.

For a full presentation of this way of learning Lectio Divina, see Karen and Larry Dwyer: "WRAP Yourself in Scripture," from IPF Publications