
✠ Explore 4 ✠

REFLECT ON SCRIPTURE

Goal: *As a family, prayerfully read and reflect on a passage of Sacred Scripture together.*

“Ignorance of Scripture is ignorance of Christ.”
— St. Jerome

WHAT IS IT?

Reflecting on Scripture is more than reading the Bible — it is listening for God’s voice in His Word and letting it shape our hearts. The Catechism reminds us that in Sacred Scripture “the Father who is in heaven comes lovingly to meet his children, and talks with them” (CCC 104).

A time-honored way to pray with Scripture is *Lectio Divina* — Latin for “divine reading” — a slow, prayerful reading handed down from the early monks. It has four parts: read, meditate, pray, and rest.

HOW TO PRAY WITH SCRIPTURE (LECTIO DIVINA) WITH YOUR FAMILY

- 1. Read (Lectio).** Choose a short passage — a Gospel story works well. Read it slowly, aloud, two or three times. Let it soak in.
- 2. Meditate (Meditatio).** Notice a word or phrase that stands out. Picture the scene. Ask: What is God saying to us here?
- 3. Pray (Oratio).** Respond to God from the heart — with thanks, a request, sorrow, or praise. Speak to Him about what you read.
- 4. Rest (Contemplatio).** Sit quietly together in God’s presence. There is nothing to “do” — simply rest in His love.

Share. Invite each person to name one thing they noticed. Close with an Our Father or the Sign of the Cross.



WHERE AND WHEN?

Any time and place works — around the dinner table, at bedtime, or any time when the family can be gathered together to pray without distraction.

PRACTICAL TIPS FOR FAMILY REFLECTION

- ◆ Use a real Bible the kids can hold. Let children find the passage and mark it with a ribbon or sticky note.
- ◆ Pick vivid Gospel stories. Jesus calming the storm, the Good Shepherd, or feeding the five thousand capture children’s imaginations.
- ◆ Ask simple, open questions. “What did you notice? What is Jesus showing us?”
- ◆ Model wonder. The goal is to meet Jesus in His Word — not to test memory.
- ◆ Write and submit your family reflection on your experience of praying with Scripture.

MORE RESOURCES

- ◆ [Daily Mass Readings](#) — the day’s Scripture readings, free from the USCCB.
- ◆ [The Bible in a Year](#) — Fr. Mike Schmitz’s podcast through the whole Bible.
- ◆ [Lectio Divina Guide](#) — the USCCB’s short guide to praying with Scripture.

- ◆ Submit your online reflection here.
<https://www.stbarbarachurch.org/explore-4>

SCRIPTURE PASSAGES TO CONSIDER REFLECTING ON WITH YOUR FAMILY

The Good Shepherd Jn 10:11–16
Greatest Commandment Mt 22:36–40
The Lord’s Prayer Mt 6:9–13

Calming the storm Mk 4:35–41
Feeding the 5,000 Jn 6:1–14
The Good Samaritan Lk 10:25–37

The Lord is my shepherd Ps 23
The Beatitudes Mt 5:1–12