

4 Ways of Meditating on Sacred Scripture

5 P's of Prayer:

1. Prepare
2. Place
3. Posture
4. Passage
5. Presence

4 Ways of Meditating on Scripture:

1. Deacon Poyo's 3 Questions
2. *Lectio divina*
3. Ignatian Meditation
4. Senses of Scripture

Deacon Ralph Poyo's 3 Questions about a Scripture Passage

Choose a passage of Scripture. (Preferably from one heading to another.)

Ask yourself the following 3 questions:

1. What does it say?
2. What does it mean?
3. How do I apply it in my life?

Practice Passage:

The Cleansing of a Leper. ¹When Jesus came down from the mountain, great crowds followed him. ²And then a leper approached, did him homage, and said, "Lord, if you wish, you can make me clean." ³He stretched out his hand, touched him, and said, "I will do it. Be made clean." His leprosy was cleansed immediately. ⁴Then Jesus said to him, "See that you tell no one, but go show yourself to the priest, and offer the gift that Moses prescribed; that will be proof for them."

Matthew 8:1-4

What does it say?

What does it mean?

How do I apply it in my life?

Lectio divina

Elements of *Lectio divina*:

1. *Lectio* (reading)
 - a. Read through once to get a sense of the passage
 - b. Read through more slowly to make sure you understand it
2. *Meditatio* (meditation)
 - a. Read through more slowly, paying attention for one sentence or phrase to speak to you
 - b. Read through slowly, paying attention for one word to speak to you
 - c. Spend time meditating on what you have been led to
3. *Oratio* (prayer) – follow the instruction below the practice passage on this page
4. *Contemplatio* (contemplation) – rest in the Lord

Practice Passage:

The Calming of the Storm at Sea. ²³ He got into a boat and his disciples followed him. ²⁴ Suddenly a violent storm came up on the sea, so that the boat was being swamped by waves; but he was asleep. ²⁵ They came and woke him, saying, “Lord, save us! We are perishing!” ²⁶ He said to them, “Why are you terrified, O you of little faith?” Then he got up, rebuked the winds and the sea, and there was great calm. ²⁷ The men were amazed and said, “What sort of man is this, whom even the winds and the sea obey?”

Matthew 8:23-27

Write one sentence summarizing some insight from your reflection on the word you were given:

Reflect on how this insight applies to something in your life. Make a resolution based on this reflection.

Write down your resolution:

Write a short prayer to God, thanking Him for speaking to you and expressing your resolution:

Ignatian Meditation

1. Choose a passage of Scripture.
2. Read through the passage to get a sense of what is going on.
3. Choose one of the persons in the scene.
4. Imagine that you are that person – that you are there. What do you see? What do you smell? What do you hear? What do you feel?
5. Slowly read the passage as if you were that person.
6. Pay attention to any movements of your feelings and emotions and any insights you receive.

Practice Passage:

The Healing of a Paralytic. ¹He entered a boat, made the crossing, and came into his own town. ²And there people brought to him a paralytic lying on a stretcher. When Jesus saw their faith, he said to the paralytic, “Courage, child, your sins are forgiven.” ³At that, some of the scribes said to themselves, “This man is blaspheming.” ⁴Jesus knew what they were thinking, and said, “Why do you harbor evil thoughts? ⁵Which is easier, to say, ‘Your sins are forgiven,’ or to say, ‘Rise and walk’? ⁶But that you may know that the Son of Man has authority on earth to forgive sins”—he then said to the paralytic, “Rise, pick up your stretcher, and go home.” ⁷He rose and went home. ⁸When the crowds saw this they were struck with awe and glorified God who had given such authority to human beings.

Matthew 9:1-8

Person I am imagining myself as:

What do I see, smell, hear, etc.?

Interior movements and insights:

Senses of Scripture

From the Catechism of the Catholic Church:

115 According to an ancient tradition, one can distinguish between two senses of Scripture: the literal and the spiritual, the latter being subdivided into the allegorical, moral and anagogical senses. The profound concordance of the four senses guarantees all its richness to the living reading of Scripture in the Church.

116 The literal sense is the meaning conveyed by the words of Scripture and discovered by exegesis, following the rules of sound interpretation: "All other senses of Sacred Scripture are based on the literal."

117 The spiritual sense. Thanks to the unity of God's plan, not only the text of Scripture but also the realities and events about which it speaks can be signs.

1. **the allegorical sense.** We can acquire a more profound understanding of events by recognizing their significance in Christ; thus the crossing of the Red Sea is a sign or type of Christ's victory and also of Christian Baptism.

2. **the moral sense.** The events reported in Scripture ought to lead us to act justly. As St. Paul says, they were written "for our instruction".

3. **the anagogical sense** (Greek: anagoge, "leading"). We can view realities and events in terms of their eternal significance, leading us toward our true homeland: thus the Church on earth is a sign of the heavenly Jerusalem.

Practice Passage:

The Official's Daughter and the Woman with a Hemorrhage. ¹⁸ While he was saying these things to them, an official came forward, knelt down before him, and said, "My daughter has just died. But come, lay your hand on her, and she will live." ¹⁹ Jesus rose and followed him, and so did his disciples. ²⁰ A woman suffering hemorrhages for twelve years came up behind him and touched the tassel on his cloak. ²¹ She said to herself, "If only I can touch his cloak, I shall be cured." ²² Jesus turned around and saw her, and said, "Courage, daughter! Your faith has saved you." And from that hour the woman was cured. ²³ When Jesus arrived at the official's house and saw the flute players and the crowd who were making a commotion, ²⁴ he said, "Go away! The girl is not dead but sleeping." And they ridiculed him. ²⁵ When the crowd was put out, he came and took her by the hand, and the little girl arose. ²⁶ And news of this spread throughout all that land.

Matthew 9:18-26

Literal meaning:

Allegorical meaning:

Moral meaning:

Anagogical meaning: