

ADVENT LECTIO DIVINA

FOR FAMILIES



PRAYING WITH SACRED SCRIPTURE

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Introduction to Lectio Divina

Lectio divina (divine reading) is an old monastic form of meditation on a passage of scripture. As we read the Word of God, we contemplate not only its meaning, but we discern what God is saying to us. As we become more comfortable with lectio, God's Word becomes a lens for understanding our daily experiences. We begin to notice the Divine in the ordinary. We are transformed.

Lectio divina is a great way to prepare your family spiritually for Advent and Christmas. Explain to your children that God wants to be our friend, and friends sit together and chat. He communicates with us in many ways, including through the Traditions of our Church and through Sacred Scripture. During Advent, we can use lectio divina to listen to God talk to us in Scripture. God will teach us, guide us, and lead us into a deeper understanding of ourselves, each other, and our purpose in the world.

Invite: Light a candle as you begin your family lectio divina. Don't expect perfection and mature piety in your children. Small children benefit from snuggles and encouragement during lectio. If praying together is new in your home, you might encounter complaints and resistance from your big kids. With warmth and firmness, require them to join the family for prayer time. You don't want them to miss it! In particular, the final movement of lectio is so important for older children. In this stage, we sit in stillness and silence, allowing the Divine to fill the quiet space in the room.



The Big Picture

Basic Steps in Lectio Divina

1

Lectio (read)

A parent or child reads the scripture while the rest of the family listens.

You can use the reading provided in the reflections, or alternatively you can find the same verses in a children's bible.

2

Meditatio
(meditate)

A parent or child reads the scripture again.

What words or sections of the passage stand out to you? Does anything in the passage challenge you or comfort you?

3

Oratio (pray)

Pray together as a family. Thank God for any insights you've gained during the meditation.

Offer up any intentions for friends or loved ones who came to mind during the meditation.

4

Contemplatio
(contemplate)

Now, sit silently for a minute or two.

In our noisy world, our children aren't used to sitting in silence, waiting for God to speak or for the Holy Spirit to inspire them.

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FIRST WEEK OF ADVENT: WATCHING

Opening Prayer (from the Collect, First Week of Advent)

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Keep us alert, we pray, O Lord our God, as we await the advent of Christ your Son, so that, when he comes and knocks, he may find us watchful in prayer and exultant in his praise. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

1. Read

Parent or child: Read the following Scripture aloud.

Jesus said to his disciples: “Be watchful! Be alert! You do not know when the time will come. It is like a man traveling abroad. He leaves home and places his servants in charge, each with his own work, and orders the gatekeeper to be on the watch. Watch, therefore; you do not know when the Lord of the house is coming, whether in the evening, or at mid-night, or at cockcrow, or in the morning. May he not come suddenly and find you sleeping.

What I say to you, I say to all: ‘Watch!’” -Mark 13:33-37

2. Meditate

Parent: Let’s reflect on what God is saying to us through Sacred Scripture. God’s Word is living and active. He wants to guide us and help us become more holy as we begin this journey together through Advent. Let’s listen to the passage again. Pay attention to any words or parts that stand out to you.

After the second reading, allow time for sharing:

- Did anything catch your attention?
- Why do you think Jesus tells us to “be alert” and

to “watch”? What do you think we’re waiting for?

Explain to your children:

Advent isn’t only about preparing for Christmas Day. We are reminded that we need to prepare for when Jesus comes again! We don’t know exactly when that will be. So, we must pay attention to what God is asking us to do until Jesus returns.

All around us, people need to be loved; people need to learn about Jesus. If we watch for these opportunities to love, God is pleased. Sometimes we spend our time doing things that lead us away from God or make it hard for us to recognize his invitations to us to draw close to him. So, during Advent we can examine our lives. Do we have any habits that make it harder for us to love Jesus and others well?

Going deeper:

When we are well-prepared for a race, for a test, or a party how do we feel? (*Calm. You have confidence that you can handle what’s coming your way.*) How do you feel if you spend your time goofing around and avoiding what you need to do to train for the race, study for your test, or decorate and clean for the party? (*Fearful and anxious. You’re not sure you can handle what’s coming your way. You have regret.*)

Christ asks us to be prepared, and then to trust in his care. We need only attend to God’s will for us each day, guarding our hearts and minds against distractions. When we’re ready, we have nothing to fear. No matter what is happening around us, we will have peace.

3. Pray

Thank you, God, for your Word, which illuminates our lives today. During this first week of Advent, open our eyes. May we watch for opportunities to serve one another better and love one another well. May we recognize the people in our midst who need to experience your love. [*Allow time for personal petitions.*]

4. Contemplate

Parent: Now that we've reflected on God's Word, let's sit quietly in his presence. Sometimes he has a little message to give us, but we can't hear it if we're always talking. So we'll sit still and listen. (*Sit for thirty seconds to five minutes, depending on your children's maturity.*)

Ask your children whether God impressed any words or insights on their hearts during their contemplation. If they say no, assure them that this is okay; this probably means God just wanted to sit with them, enjoying their company.

End with an Our Father or Hail Mary, and the sign of the cross.



Art to Contemplate

Andrei Rublev's "Three Angels"

Andrei Rublev's "Three Angels" (early 15th century) is one of my family's favorite icons. We studied it in our art history program and display a copy of it on our family altar. The icon depicts the three angels who visit Abraham in Genesis 18:1-8. The angels appear to Abraham as travelers on the road, and how does he respond to them? He is ready and eager to welcome them to his table.

Tradition also recognizes the figures as the Trinity. The figure on the right is the Holy Spirit. His blue garment symbolizes his eternal home in Heaven, while his green outer garment symbolizes new life. The figure on the left is God the Father, who wears gold to represent his divine nature. The Father gazes toward the angel in the middle, who is God the Son. Notice the Son gesturing downward with two fingers; this represents his two natures (divine and human). The golden chalice on the table represents the blood of Christ, offered as a perfect gift for us. We see a place for ourselves at the table; God invites us in just as we are called to make a place for others at our table.

What connections can your family make between the scripture reflection this week ("watch"; "be alert") and this icon?

On the following page, you'll find a full-page copy of "Three Angels." You might like to display it on a screen throughout the day or print it out and post it in a central location in your home. Allow your children to wonder about the icon. Ponder with them. Who are the figures? What might the little vessel on the table be used for? Would you like to sit at the table with them?



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SECOND WEEK OF ADVENT: PREPARING

Opening Prayer (from the Collect, Second Week of Advent)

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Grant that your people, we pray, almighty God, may be ever watchful for the coming of your Only Begotten Son, that, as the author of our salvation himself has taught us, we may hasten, alert and with lighted lamps, to meet him when he comes. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

1. Read

Parent or child: Read the following Scripture aloud.

The beginning of the gospel of Jesus Christ the Son of God.

As it is written in Isaiah the prophet:

Behold, I am sending my messenger ahead of you; he will prepare your way. A voice of one crying out in the desert:

“Prepare the way of the Lord, make straight his paths.”

John the Baptist appeared in the desert proclaiming a baptism of repentance for the forgiveness of sins. People of the whole Judean countryside and all the inhabitants of Jerusalem were going out to him and were being baptized by him in the Jordan River as they acknowledged their sins.

John was clothed in camel's hair, with a leather belt around his waist. He fed on locusts and wild honey. And this is what he proclaimed: “One mightier than I is coming after me. I am not worthy to stoop and loosen the thongs of his sandals. I have baptized you with water; he will baptize you with the Holy Spirit.” –Mark 1:1-8



Detail, St. John the Baptist from *Altarpiece of the Coronation of the Virgin*, Niccolo di Liberatore (15th century)

2. Meditate

Parent: Let's reflect on what God is saying to us through Sacred Scripture as we continue our journey together through Advent. Close your eyes. Let's listen to the passage again. Pay attention to any words or parts that stand out to you.

After the second reading, pause for 15 to 20 seconds. Allow time for sharing:

- Did anything catch your attention?
- What do you think about the description of John the Baptist? Why do you think people were so drawn to him?

Explain to your children:

By all accounts, John the Baptist was a kind of celebrity in Jerusalem. He could have taken all the glory and basked in the attention he was receiving. Instead, he pointed away from himself and toward Jesus. "Don't look to me; look to Jesus. I'm not worthy to touch his sandals." He was preparing others to recognize and welcome Jesus.

In what ways can our family prepare others to recognize and welcome Jesus?

Being famous is not the same as being a good person. In our world, somebody can become famous for the wrong reasons. Have you noticed any examples of this? God has given all of us gifts that he wants us to use for the good of others. In particular, he wants us to use our gifts to share the good news of Jesus, just as John the Baptist did. We don't have to wear camel's hair and eat locusts like John; we are called to be Christ in the world in our own time, using our own special gifts.

What gift can you share with somebody today?

3. Pray

Your Word is a lamp to our feet, Lord! May we point others to Jesus, as John the Baptist did. Use our family to proclaim the light of Christ, that others may know the joy of salvation, the forgiveness of sins, and the mercy of God. [*Allow time for personal petitions.*]

4. Contemplate

Parent: Now that we've reflected on God's Word, let's sit quietly in his presence. (*Sit for thirty seconds to five minutes, depending on your children's maturity.*) After this period of contemplation, allow time for your children to share anything on their hearts.

End with the following psalm and the sign of the cross.

I will hear what God proclaims; the LORD—for he proclaims peace to his people.

Near indeed is his salvation to those who fear him, glory dwelling in our land.

Kindness and truth shall meet; justice and peace shall kiss.

Truth shall spring out of the earth, and justice shall look down from heaven.

The LORD himself will give his benefits; our land shall yield its increase.

Justice shall walk before him, and prepare the way of his steps.

-Psalm 85:9-14



Art to Contemplate

“Virgin of the Rocks”
by Leonardo da Vinci

This week, we’re spending time with “Virgin of the Rocks” (c. 1483). This intriguing painting by da Vinci depicts the three figures arranged in a triangle: Mary at the apex, the infant John the Baptist in the lower left corner, and an angel with the infant Jesus in the lower right corner. The setting is a rocky grotto with a background of water and mountains.

The two babies look identical, so how can we distinguish them? John is kneeling toward Jesus with his hands together in prayer and supplication; Jesus is raising his right hand in a sign of Benediction toward John. Monsignor Timothy Verden, a canon of the Florence Cathedral, interprets Mary’s gestures for us. Look at the right hand of Mary on John’s shoulder. It is tense; it looks almost like Mary is restraining John from moving forward. As the angel points toward John and Jesus blesses John, what is happening? Jesus is blessing John’s mission, which is to announce the coming of Christ. John is “the prophet of the cross,” and Mary, like any mother, wants to protect Jesus from this ending. So her hand is extended not in blessing, but to stop Jesus from moving forward. According to Monsignor Verden, Mary resists the prophecy, but she can’t stop it. Her natural maternal instinct must give way to the supernatural plan.

On the following page, you’ll find a full-page copy of “Virgin of the Rocks.” Allow your children to live with the painting before you identify the figures for them. You might like to display it on a screen throughout the day or print it out and post it in a central location in your home. Ponder the painting together. Who are the figures? Why are the figures in a dark rocky area but the background is lovely and lush?

