

PRAYING WITH SCRIPTURE

5 “P’s and 1 “R” for Praying with Scripture

1. Pick a Passage

- Pick one and have it marked and ready.

2. Place

- Where you are alone and uninhibited in your response to God’s presence.

3. Posture

- Relaxed and peaceful. A harmony of body and spirit.

4. Presence of God

- Be aware of it and acknowledge and respond to it. When you are ready turn to the ...

5. Passage

- Read it very slowly aloud and listen carefully and peacefully to it...pause. Listen with your heart as you would to a love-letter. Read aloud or whisper with pauses and repetitions when and where you are drawn. Don’t be anxious, don’t try to look for implications or lessons or profound thoughts or conclusions. Be content to be like a child who climbs into a caring person’s lap and listens to a story. During the prayer exercise and, certainly just before closing, it is helpful to carry on a conversation with God or with Jesus concerning what you hear.

6. Review

- After the period of prayer is over reflect upon the experience of prayer just finished. This review will help you notice what God is doing in your experience. Journaling is a good way to do this for those who like.

(Adapted from Armand Nigro, S.J.)