



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Do you have a desire to meditate more deeply on God's word?

Lectio Divina is a method of praying with the scriptures that slows us down and encourages a deeper connection with the scripture and what God is saying to you through them. It takes practice and intentional effort, but will be worth it.

There are four steps to Lectio Divina:

- 1) Lectio (reading)
- 2) Meditatio (meditations)
- 3) Contemplatio (contemplation)
- 4) Oratio (prayer)

USCCB [Article on Lectio Divinia](#)

[THE CHALLENGE]

Learn about Lectio Divina, then practice it daily for the next month to establish the habit.

[BE]
COURAGEOUS.

[DURATION]: 1 Month