

Praying the Scriptures With THE FOUR SENSES

Understanding the four senses of Scripture will provide you with an interpretive key for unlocking many spiritual treasures in the Word of God. They can help you draw vital connections between the Old Testament, the New Testament, the Catholic Faith, and your own spiritual life. With this approach, we see more clearly that the events and people mentioned in the Bible are not distant realities, far removed from our day-to-day experience in the 20th century, but rather they are intimately linked to our own Christian lives and serve as models. (Dr. Edward Sri)

taken 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.

Praying With Scripture Using LECTIO DIVINA

Lectio Divina has been likened to "Feasting on the Word." The four parts are first taking a bite (*lectio*), then chewing on it (*meditatio*). Next is the opportunity to savor the essence of it (*oratio*). Finally, the Word is digested and made a part of the body (*contemplatio*).

Reading / Listening

Read the Scripture passage slowly and intentionally, listening as if God is saying it directly to you, because He is doing just that.

Meditate

What is the word/phrase that really spoke to you in this passage? Pick a word/phrase that stands out in your heart and mind.

Prayer

Have a conversation with God (like a conversation with a friend) about what you've read, what you do and don't understand, what jumped out at you during meditation. Ask God, "What are you trying to tell me in this passage?"

Contemplation

The final step is less about you and more about God. As you read the passage again, listen to what God might be asking you to do in your life based off of this reading. Ask God how it may be calling you to change your life and faith walk. Read the passage again, this time let it steep within you. (God gets the last word.)

Thirty-One Days With Jesus

- Day 1:** In the Beginning
John 1:1-51
- Day 2:** The Birth of Jesus
Luke 2:1-52
- Day 3:** The Preaching of John the Baptist
Mark 1:1-11
- Day 4:** The Ministry of Jesus in Galilee
Luke 4:1-44
- Day 5:** Nicodemus Encounters Jesus
John 3:1-36
- Day 6:** The Call of Simon
Luke 5:1-39
- Day 7:** Jesus and the Samaritan Woman
John 4:1-54
- Day 8:** The Sabbath & The Mission of the Twelve
Luke 6:1-49
- Day 9:** The Healing of the Centurion Slave
Luke 7:1-50
- Day 10:** The Parables
Luke 8:1-56
- Day 11:** Feeding of the Four Thousand
Mark 8:1-38
- Day 12:** The Mission of the Seventy-Two
Luke 10:1-42
- Day 13:** The Sermon on the Mount
Matthew 5:1-48
- Day 14:** Almsgiving
Matthew 6:1-34
- Day 15:** Answer to Prayers
Mathew 7:1-29
- Day 16:** The Invited Guests & the Great Feast
Luke 14:1-35
- Day 17:** The Lost Sheep
Luke 15:1-32
- Day 18:** The Dishonest Steward
Luke 16:1-31
- Day 19:** A Woman Caught in Adultery
John 8:1-59
- Day 20:** Temptation to Sin and the Coming of the Kingdom
Luke 17:1-37
- Day 21:** The Persistent Widow
Luke 18:1-43
- Day 22:** The Blind Man
John 9:1-41
- Day 24:** Zacchaeus the Tax Collector
Luke 19:1-48
- Day 25:** The Authority of Jesus
Luke 20:1-47
- Day 26:** The Good Shepherd
John 10:1-42

- Day 27:** The Raising of Lazarus
John 11:1-57
- Day 28:** The Destruction of the Temple Foretold
Mark 13:1-37
- Day 29:** The Conspiracy Against Jesus
Luke 22:1-71
- Day 30:** Jesus Before Pilate and the Crucifixion
Matthew 27:1-66
- Day 31:** The Resurrection of Jesus
Luke 24:1-53

Thirty Days Praying the Psalms

- Day 1:** *Psalms 1-9*
- Day 2:** *Psalms 10-17*
- Day 3:** *Psalms 18-22*
- Day 4:** *Psalms 23-28*
- Day 5:** *Psalms 29-34*
- Day 6:** *Psalms 35-38*
- Day 7:** *Psalms 39-43*
- Day 8:** *Psalms 44-48*
- Day 9:** *Psalms 49-54*
- Day 10:** *Psalms 55-59*
- Day 11:** *Psalms 60-65*
- Day 12:** *Psalms 66-68*
- Day 13:** *Psalms 69-71*
- Day 14:** *Psalms 72-76*
- Day 15:** *Psalms 77-78*
- Day 16:** *Psalms 79-82*
- Day 17:** *Psalms 83-87*
- Day 18:** *Psalms 88-89*
- Day 19:** *Psalms 90-96*
- Day 20:** *Psalms 97-103*
- Day 21:** *Psalms 104 - 105*
- Day 22:** *Psalms 106 - 107*
- Day 23:** *Psalms 108 - 112*
- Day 24:** *Psalms 113-118*
- Day 25:** *Psalms 119:1-96*
- Day 26:** *Psalms 119: 97-176*
- Day 27:** *Psalms 120-124*
- Day 28:** *Psalms 125-139*
- Day 29:** *Psalms 140 - 144*
- Day 30:** *Psalms 145-150*