



Consecration in Truth®

# Family Catechesis™

*Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.*

## Five Steps to Spiritual Reading (Lectio Divina)

1. Pick a passage of the Bible or a spiritual book.
2. Read it twice, very slowly.
3. If you come to a passage that holds your attention, let your mind dwell on that passage. If your mind starts to wander, continue reading.
4. When you have finished reading the passage twice, close your eyes and imagine that Jesus is sitting beside you. Ask Him the following questions:
  - “Lord, what does this passage mean?”
  - “Lord, what are You trying to teach me through this passage?”
  - “Lord, how does this passage apply to my life?”
5. Write down—or at least pay careful attention to—whatever comes to mind in answer to your questions.