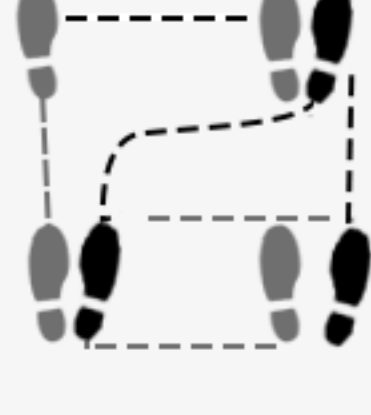


DO THE LECTIO THREE-STEP

AN ILLUSTRATED GUIDE FOR THE FOCUS BLOG
BY JONATHAN TEIXEIRA



A night out dancing is a great way to strengthen a relationship. Jesus wants to take us dancing, too. Here's a method of praying with Scripture I like to call the **Lectio Three-Step**.

THE PROCESS

Each step consists of:
A quick prayer
A careful reading of Scripture
Silence and prayer with God

The three steps are:

1. **Eyes to See** - A word or phrase that pops out
2. **Ears to Hear** - What's God telling you?
3. **Grace to Change** - How will your life change because of this encounter with God?

STEP 0 PREPARE

Before you go dancing you need to get ready: get dressed up, comb your hair, etc.

We gotta get ready to pray, too.



Know what your going to pray with.

Sugestion: the day's Gospel



Pray for the Prayer

Ask God for grace to hear him, open your heart to him, stay focused, etc.

EXAMPLE PREPATORY PRAYER

Father,
Thank you for the gift of this day. Thank you for the gift of faith and the grace you've given me to respond to you. Thank you for revealing yourself in Sacred Scripture. Thank you for revealing yourself in your Son. Help me to stay focused in this time of prayer. Please grant me the grace to hear your voice and respond.

STEP 1 EYES TO SEE



Pray a quick prayer for this first step.

EXAMPLE TAKE & READ PRAYER

Father,
You've told us that your Word is living and active, sharper than any two-edged sword, piercing between joints and marrow. (Hebrews 4:12) Pierce my heart today with your word. As I read this passage the first time, may I be on the lookout for a word or phrase you wish to show me.

Read the Passage

Be on the lookout for a word or phrase that jumps out at you. What is God highlighting for you today? What from this passage strikes you? If you need to read it another time or two, that's totally fine.



Spend Some Time in Silence

Take a little time and sit with the word or phrase God has shown you. Mull it over a little bit.



STEP 2 EARS TO HEAR



Pray a quick prayer for this second step.

EXAMPLE EARS TO HEAR PRAYER

Father,
You've told us that your Word is living and active (Hebrews 4:12), that it goes forth from your mouth and does not return to you empty, but accomplishes that which you intend (Isaiah 55:11). Send your word into my heart now. Give me the ears to hear your voice. As I read this passage a second time, may I hear what you wish to tell me today.

Carefully Read the Passage a Second Time

Be on the lookout for what God is telling you through the passage. This could very well build on top of the word of phrase from the first step.



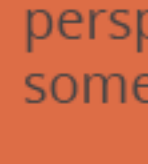
Talk with God in Prayer

"So, you're telling me _____?" "You mean to tell me that _____." You get the idea. Having a small conversation about what he's telling you can allow you to go further/deeper and hear more. Be silent and allow the Lord to speak.



STEP 3 CHANGE TO MAKE

Any encounter with God should change our life. Praying with Scripture is no different. In this step, we ask God to show us what to change. It could be something we need to start (or stop) doing, perhaps a change in perspective. It could be something pretty big, or something small.



Pray a quick prayer for this third step.

EXAMPLE CHANGE TO MAKE PRAYER

Father,
You've told us that in the beginning, the Word was God, and the Word was with God, and the Word was made flesh and dwelt among us (John 1:1,14). May my encounter with you through your Word be as strong as if Jesus were here in the room speaking with me face to face. Grant me the grace to know how to change my life and the strength to do it.

Carefully Read the Passage a Third Time

Be on the lookout for what God is telling you through the passage. This could very well build on top of the word of phrase from previous steps.



Time to Change

What is God inviting you to change? Where are you being asked to take a step closer to Him? There's a good chance this will follow what you saw and heard in the first two steps. Take some time in silence, and allow the Lord to speak. Take it in, and respond to him. Have a conversation. Ask him questions about it- what will this change mean for you? Give God your "yes," and ask him for the grace to stick to your new resolution.



STEP X WRAP IT UP

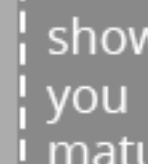
After talking with a friend we say, "It was great catching up with you." After a dance, a bow or curtsy. Same thing here.



Pray a quick prayer to say thanks to God.

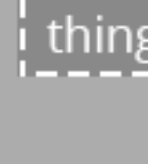
EXAMPLE ENDING PRAYER

Father,
Thank you for revealing yourself to me in prayer today. Thank you for touching my heart, speaking to me, and showing me how to change my life. May any and all seeds you have sown in my heart today, by your grace, grow to maturity and bear fruit for you that will last. I ask all these things in Jesus' name and by his blood. Amen.



Take Some Notes

How was praying today? How was the place you prayed? Your posture (sitting, kneeling, etc.)? That cup of coffee before prayer? Any distractions? Take note of these things. Next time, try to replicate the helpful things and change the unhelpful things.



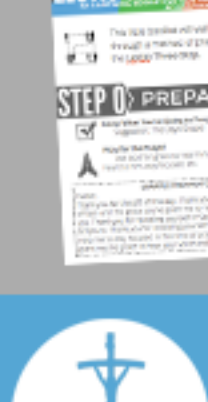
Pass it On

The Lectio Three-Step is great because it's easy to remember and easy to teach. So go find somebody and teach them the Three-Step! They (and God) will be happy you did.



Print it Out

This Illustrated Guide is available as a FREE downloadable booklet you can print at home. Go to <http://bit.ly/lectiobooklet> to download it today!



This Illustrated Guide to the Lectio Three-Step was created by Jonathan Teixeira for the FOCUS blog. Read more great articles and check out more Illustrated Guides at focus.org/blog. FOCUS - The Fellowship of Catholic University Students launches college students into lifelong Catholic mission. Find out more at focus.org. You can find Jonathan on twitter @jonteixeira, and at the blog he writes with his wife Amanda at truegoodandbeautiful.net.