

1% OF YOUR DAY

is 14 min and 24 sec.

JUST 1% OF YOUR DAY

given to God in focused prayer
will change your life.

We would like to challenge
you to spend just 1%
(let's round it up to 15 min)

OF YOUR DAY EVERY DAY PRAYING

with scripture through a Catholic
tradition called **Lectio Divina**.

What is Lectio Divina?

Lectio Divina literally means "divine reading." It is a prayerful reading of scripture, God's Word. It is conversation with God that helps us to listen to His Word and prayerfully respond. We promise, if you do this faithfully, Jesus will change your life, and this little bit of time will become the most important and fulfilling part of your day.

"INDEED, THE WORD OF GOD IS
LIVING AND EFFECTIVE, SHARPER
THAN ANY TWO-EDGED SWORD,
PENETRATING EVEN BETWEEN
SOUL AND SPIRIT, JOINTS AND
MARROW, AND ABLE TO DISCERN
REFLECTIONS AND THOUGHTS OF
THE HEART" ~ Hebrews 4:12



1% CHALLENGE

Daily Encounter with God's Word

*Adapted from the 1% Challenge
booklet by the Evangelical Catholic*



Saint Maximilian Kolbe
Catholic Church

"GOD'S WORD IS
UNPREDICTABLE
IN ITS POWER"

~ Pope Francis, *Evangelii Gaudium*, 22

How do you do Lectio Divina?

Preparation

- Choose a quiet, prayerful place free from interruption.
- Invite the Holy Spirit: "Speak Lord, your servant is listening"

READ: Read the passage slowly, possibly out-loud, listening for a word, phrase, or image that stands out to you, that God might be calling to your attention. Repetition is good; re-read passage 2 or 3 times.

REFLECT: Let your mind ponder the passage or the word/phrase/image that stands out to you. Think about the setting, imagine the event, put yourself in the story as one of the by-standers or main characters.

RESPOND & RESOLVE: Begin a conversation with God. Remember, He cares deeply about every aspect of your life. Talk to God as you would a parent, a sibling, or a trusted friend. Ask God to show you how this passage applies to you, and where you need His renewal in your life. Or, if words do not seem adequate, just rest in the silence. If appropriate, write down a resolution or an application to your life from your meditation. Ask God to empower you to live it out.

REST: "Be still and know that I am God." (Psalm 46:11). Words in prayer are helpful and necessary, but as in any close relationship, silence is also important and necessary. Spend a few minutes in restful silence, allowing God room to work in you in ways that you may not perceive. Allow the meditations and prayers of the day to move from your mind to your heart as you linger in the Father's loving embrace.

1% CHALLENGE

TIPS/TROUBLE-SHOOTING

1 **Make an appointment** (yes, put it in your calendar). The same time every day is helpful. The best time to do it is the time that you will do it; however, many find first thing in the morning to be best. This way it is a priority, and if something does come up, you can reschedule it for later in the day. "Morning after morning he opens my ear that I may hear..." (Isaiah 50:4)

2 **Aim for at least 15 minutes a day.** If you're already there, consider adding 5 minutes.

3 **Don't overlook the human mechanisms** that will enable you to be faithful to this. If you find yourself falling asleep during prayer, sit at the table or do it standing or pacing.

4 **If you miss a day or two, don't get discouraged.** Simply return to your plan the next day.

5 **If you are distracted, simply persevere.** Take those distractions to prayer or write them down so you can return to them at a better time. God does not mind distractions. It is the love with which we return our focus to Him that He desires. Many find it helpful to use a small notebook or journal to help focus their prayer times.

6 **Do not over-idealize your prayer.** Most of the time, it won't "feel" perfect or life-changing. There will be unexpected interruptions, dryness, distractions, etc. You will experience seasons of both joy and struggle in prayer. After a prayer time, resist the temptation to evaluate how it went. Just be faithful, and over time you will grow in your ability to pray and to follow the more subtle promptings of the Spirit throughout your day as a result.

7 **The above method is the traditional suggested structure or method of Lectio Divina.** As with all methods of prayer, they are there to help guide you, focus you, and get you praying. If you feel drawn to do various "steps" in a different order than listed above, that is just fine. Learn to dialogue with God in ways most fitting and natural to you.

8 **If you feel at a loss for what to pray about,** don't hesitate to just talk to God about whatever is on your mind.



NEED HELP GETTING STARTED?

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