

Lectio Divina

The Gift of Peace and New Life in Christ

Lectio Divina: El Don de la Paz y la Vida Nueva en Cristo

For ages 12–15 / Para edades 12–15

"My peace I give you."— John 14:27

Name / Nombre:

Parish / Parroquia:

How to use this handout / Cómo usar este folleto

What is Lectio Divina?

A simple, prayerful way to listen to Scripture. Follow these steps: **Lectio** (read), **Meditatio** (think), **Oratio** (pray), **Contemplatio** (rest in God), **Actio** (do).

Songs in our session: Kyrie, Gloria, Salve Regina, Dona Nobis Pacem.

Opening Prayer: Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Amen.

Leader notes: Read each passage aloud (English or Spanish) or have participants read from their Bibles. After the guided questions, allow silent time for personal prayer (1–2 minutes).

Time: 3 minutes

¿Qué es Lectio Divina?

Una manera simple y orante de escuchar la Escritura. Sigue estos pasos: **Lectio** (leer), **Meditatio** (pensar), **Oratio** (orar), **Contemplatio** (reposar en Dios), **Actio** (actuar).

Cantos para la sesión: Kyrie, Gloria, Salve Regina, Dona Nobis Pacem.

Oración inicial: Ven, Espíritu Santo, llena los corazones de tus fieles y enciende en ellos el fuego de tu amor. Amén.

Nota para el responsable: Lee cada pasaje en voz alta (inglés o español) o pide a los participantes que lo lean en sus Biblias. Tras las preguntas, da tiempo de silencio para la oración personal (1–2 minutos).

Tiempo: 3 minutos

Session Readings and Reflections / Lecturas y reflexiones

1. John 20:22–23 / Juan 20:22–23

Scripture:

Read from your Bible: John 20:22–23

Parable: The Prodigal Son (Luke 15:11–32)

Focus: Gift of the Holy Spirit and forgiveness

Think/Act/Pray: Who needs your forgiveness? Who can forgive you? Ask the Spirit for courage.

Song: Salve Regina

Time: 2.5 minutes

Escritura:

Juan 20:22–23

Parábola: The Prodigal Son (Luke 15:11–32)

Enfoque: Gift of the Holy Spirit and forgiveness

Piénsalo/Actúa/Ora: Who needs your forgiveness? Who can forgive you? Ask the Spirit for courage.

Canto: Salve Regina

Tiempo: 2.5 minutos

2. Matthew 9:2–8 / Mateo 9:2–8**Scripture:**

Read from your Bible: Matthew 9:2–8

Parable: The Paralytic lowered through the roof (Luke 5:17–26)**Focus:** Healing includes forgiveness**Think/Act/Pray:** Where do I need inner healing? Ask Jesus for healing and strength.**Song:** Gloria**Time:** 2.5 minutes**Escritura:**

Mateo 9:2–8

Parábola: The Paralytic lowered through the roof (Luke 5:17–26)**Enfoque:** Healing includes forgiveness**Piénsalo/Actúa/Ora:** Where do I need inner healing? Ask Jesus for healing and strength.**Canto:** Gloria**Tiempo:** 2.5 minutos**3. 2 Corinthians 5:17–20 / 2 Corintios 5:17–20****Scripture:**

Read from your Bible: 2 Corinthians 5:17–20

Parable: The Lost Sheep (Luke 15:3–7)**Focus:** New creation; mission to reconcile**Think/Act/Pray:** Who can I invite back to faith? Pray for someone this week.**Song:** Salve Regina**Time:** 2.5 minutes**Escritura:**

2 Corintios 5:17–20

Parábola: The Lost Sheep (Luke 15:3–7)**Enfoque:** New creation; mission to reconcile**Piénsalo/Actúa/Ora:** Who can I invite back to faith? Pray for someone this week.**Canto:** Salve Regina**Tiempo:** 2.5 minutos**4. Matthew 4:1–11 / Mateo 4:1–11****Scripture:**

Read from your Bible: Matthew 4:1–11

Parable: Wise and Foolish Builders (Matthew 7:24–27)**Focus:** Prayer, fasting, Scripture against temptation**Think/Act/Pray:** What Scripture helps you resist temptation?**Song:** Dona Nobis Pacem**Time:** 2.5 minutes**Escritura:**

Mateo 4:1–11

Parábola: Wise and Foolish Builders (Matthew 7:24–27)**Enfoque:** Prayer, fasting, Scripture against temptation**Piénsalo/Actúa/Ora:** What Scripture helps you resist temptation?**Canto:** Dona Nobis Pacem**Tiempo:** 2.5 minutos**5. John 5:24 / Juan 5:24****Scripture:**

Read from your Bible: John 5:24

Parable: Good Samaritan (Luke 10:25–37)**Focus:** Faith and eternal life now**Think/Act/Pray:** How does faith change your choices?**Song:** Gloria**Time:** 2.5 minutes**Escritura:**

Juan 5:24

Parábola: Good Samaritan (Luke 10:25–37)**Enfoque:** Faith and eternal life now**Piénsalo/Actúa/Ora:** How does faith change your choices?**Canto:** Gloria**Tiempo:** 2.5 minutos

6. Psalm 16:7–11 / Salmo 16:7–11**Scripture:**

Read from your Bible: Psalm 16:7–11

Parable: Mustard Seed (Matthew 13:31–32)**Focus:** Joy in God's presence**Think/Act/Pray:** Spend 1 minute in silent gratitude**Song:** Salve Regina**Time:** 2.5 minutes**Escritura:**

Salmo 16:7–11

Parábola: Mustard Seed (Matthew 13:31–32)**Enfoque:** Joy in God's presence**Piénsalo/Actúa/Ora:** Spend 1 minute in silent gratitude**Canto:** Salve Regina**Tiempo:** 2.5 minutos**7. Matthew 27:45–54 / Mateo 27:45–54****Scripture:**

Read from your Bible: Matthew 27:45–54

Parable: Vineyard Tenants (Matthew 21:33–46)**Focus:** Meaning of the Cross and Jesus' victory**Think/Act/Pray:** What does Jesus' suffering tell you about God's love?**Song:** Kyrie**Time:** 2.5 minutes**Escritura:**

Mateo 27:45–54

Parábola: Vineyard Tenants (Matthew 21:33–46)**Enfoque:** Meaning of the Cross and Jesus' victory**Piénsalo/Actúa/Ora:** What does Jesus' suffering tell you about God's love?**Canto:** Kyrie**Tiempo:** 2.5 minutos**8. Romans 5:12–21 / Romanos 5:12–21****Scripture:**

Read from your Bible: Romans 5:12–21

Parable: Wedding Feast (Matthew 22:1–14)**Focus:** Grace greater than sin**Think/Act/Pray:** Which gift of God's grace do you need today?**Song:** Gloria**Time:** 2.5 minutes**Escritura:**

Romanos 5:12–21

Parábola: Wedding Feast (Matthew 22:1–14)**Enfoque:** Grace greater than sin**Piénsalo/Actúa/Ora:** Which gift of God's grace do you need today?**Canto:** Gloria**Tiempo:** 2.5 minutos**9. 1 Corinthians 15:20–22 / 1 Corintios 15:20–22****Scripture:**

Read from your Bible: 1 Corinthians 15:20–22

Parable: The Seed that Dies (John 12:24)**Focus:** Christ risen as first fruits**Think/Act/Pray:** Celebrate Resurrection with gratitude**Song:** Gloria**Time:** 2.5 minutes**Escritura:**

1 Corintios 15:20–22

Parábola: The Seed that Dies (John 12:24)**Enfoque:** Christ risen as first fruits**Piénsalo/Actúa/Ora:** Celebrate Resurrection with gratitude**Canto:** Gloria**Tiempo:** 2.5 minutos

10. Matthew 6:34 / Mateo 6:34**Scripture:**

Read from your Bible: Matthew 6:34

Parable: Lilies of the Field (Matthew 6:25–34)

Focus: Trust in God; do not worry

Think/Act/Pray: Write one worry and offer it to God this week

Song: Salve Regina

Time: 2.5 minutes

Escritura:

Mateo 6:34

Parábola: Lilies of the Field (Matthew 6:25–34)

Enfoque: Trust in God; do not worry

Piénsalo/Actúa/Ora: Write one worry and offer it to God this week

Canto: Salve Regina

Tiempo: 2.5 minutos

11. Matthew 10:31 / Mateo 10:31**Scripture:**

Read from your Bible: Matthew 10:31

Parable: Lost Coin (Luke 15:8–10)

Focus: You are precious to God; do not fear

Think/Act/Pray: Name one thing that makes you feel loved by God

Song: Dona Nobis Pacem

Time: 2.5 minutes

Escritura:

Mateo 10:31

Parábola: Lost Coin (Luke 15:8–10)

Enfoque: You are precious to God; do not fear

Piénsalo/Actúa/Ora: Name one thing that makes you feel loved by God

Canto: Dona Nobis Pacem

Tiempo: 2.5 minutos

12. Mark 5:36 / Marcos 5:36**Scripture:**

Read from your Bible: Mark 5:36

Parable: Jairus' daughter (Mark 5:21–43)

Focus: Do not be afraid; only believe

Think/Act/Pray: Ask for faith to trust in God's timing

Song: Salve Regina

Time: 2.5 minutes

Escritura:

Marcos 5:36

Parábola: Jairus' daughter (Mark 5:21–43)

Enfoque: Do not be afraid; only believe

Piénsalo/Actúa/Ora: Ask for faith to trust in God's timing

Canto: Salve Regina

Tiempo: 2.5 minutos

13. Luke 12:32 / Lucas 12:32**Scripture:**

Read from your Bible: Luke 12:32

Parable: Good Shepherd; God's care for the flock

Focus: Do not be afraid, little flock

Think/Act/Pray: Entrust fears to Mary

Song: Salve Regina

Time: 2.5 minutes

Escritura:

Lucas 12:32

Parábola: Good Shepherd; God's care for the flock

Enfoque: Do not be afraid, little flock

Piénsalo/Actúa/Ora: Entrust fears to Mary

Canto: Salve Regina

Tiempo: 2.5 minutos

14. John 14:27 / Juan 14:27**Scripture:**

Read from your Bible: John 14:27

Parable: Calming of the Storm (Mark 4:35–41)

Focus: Jesus gives a peace the world cannot give

Think/Act/Pray: Pray for peace in heart and mind

Song: Dona Nobis Pacem

Time: 2.5 minutes

Escritura:

Juan 14:27

Parábola: Calming of the Storm (Mark 4:35–41)

Enfoque: Jesus gives a peace the world cannot give

Piénsalo/Actúa/Ora: Pray for peace in heart and mind

Canto: Dona Nobis Pacem

Tiempo: 2.5 minutos

Closing / Clausura

Group reflection: In one sentence say: "Today I met Christ when..."

Sending forth: Be a sign of God's peace this week at home and school.

Time: 2 minutes

Reflexión en grupo: En una frase di: "Hoy encontré a Cristo cuando..."

Envío: Sé una señal de la paz de Dios esta semana en casa y escuela.

Tiempo: 2 minutos

Reflection Pages / Páginas para escribir

1. The Word that touched my heart today:

La Palabra que tocó mi corazón hoy:

2.

What I want to pray for this week:

Por qué quiero orar esta semana:

3.

One way I will share God's peace this week:

Una forma de compartir la paz de Dios esta semana:

4.

Something I learned and will remember:

Algo que aprendí y recordaré:

5.

My personal prayer / Mi oración personal:

Extra notes / Notas extra:

Prepared for catechism (ages 12–15). Adjust song and silent times as needed.
To compile: use pdf_latex or xelatex.