

The Second Vatican Council, that happened from 1962-1965, tells us that we are spiritually fed from the two tables: the Table of God's Word and the Table of His Eucharist

During these difficult days, when we are not able to enjoy the Blessed Sacrament in Holy Communion, let us take some extra time in getting to know our God: Father, Son and Holy Spirit by means of LECTIO DIVINA.

There are four steps to this process of learning and feeding our souls through the Word of God:

LECTIO: Reading a passage of the Bible. Any passage. Read it once, read it again, and slowly read it a third time.

MEDITATION: Sit quietly for a few minutes mulling over this passage. Try to imagine yourself as one of the actors in this passage.

PRAY: Ask the Holy Spirit to Open your Mind, Heart and Soul to receive this Word of God.

CONTEMPLATE: RELISH in the Word of God, and DELIGHT in God Speaking to your Mind, Heart and Soul. Be FILLED with PRAISE and THANKSGIVING.

Depending on your time availability, this LECTIO DIVINA could take 15 minutes or 30 or as long a time as you would like.

During this difficult time, let us be Fed at the Table of the Living Word of God.



DE COLORES

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