

Lectio Divina Meditation on the Virtue of Chastity

Use this complete prayer service with Chapter 9, Section 2 of Your Life in Christ. You may also choose to use only individual parts of the prayer service.

Needs:

- copies as needed or projection
- a quiet, prayerful environment
- a prayer journal, or sheets of blank notebook paper and pens
- an internet connection and computer cued to play quiet, reflective music without lyrics such as this playlist <https://www.youtube.com/watch?v=LfKKJd3BPM4>

Prayer Introduction

Leader: The ancient practice of *lectio divina* or “holy reading” involves focused meditation on a particular Scripture passage. Today you will use this prayer time to reflect on this Scripture passage and how it calls you to the virtue of chastity. Chastity is related to the virtue of temperance. It helps you to order the gift of your sexuality to honoring yourself and others in your current state of life. During this prayer time, focus on how God is calling you personally today to be in relationship with him through the virtue of chastity.

Lectio Divina Meditation

Leader: (Have the students sit down and get situated, freeing themselves from distractions. Begin with the Sign of the Cross) Holy Spirit, come into this space. Inspire our hearts and minds with what you want to tell us. Renew us through this Scripture. Help us to be wise and understanding.

Scripture Reading

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Reader 1: A reading from the Letter of St. Paul to the Romans (Rom 12: 1-2, 9-12).

I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship. Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

Let love be sincere; hate what is evil, hold on to what is good; love one another with mutual affection; anticipate one another in showing honor. Do not grow slack in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, endure in affliction, persevere in prayer.

The Word of the Lord.

All: Thanks be to God.

Lectio (Reading)

Leader: (Turn on the reflective music. Have the students write their answers in their journals/pieces of paper. Make sure to give long enough pauses between questions so that they can reflect and write.) What is the objective meaning of this text? Read the passage again slowly to yourself. Is there anything in it that speaks to you? Write it down.

Meditatio (Meditation)

Leader: Read the passage again slowly and ask yourself, "What does this text say to me?" How does it apply to my life today? How is God calling me to live a life of chastity, honoring myself and others? What personal message does God have in this text for me?

Oratio (Prayer)

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Leader: Allow your meditation to lead into a prayer to God. What do I say to God in response to this Scripture reading? What response do you have for God's word? Thankfulness? Feeling challenged? Trust? Offer this response to God now.

Contemplatio (Contemplation)

Leader: An encounter with the God's Word should guide you to a resolution in your life. Read the Scripture once again. Ask God what needs to be transformed by his grace in your life. How is God asking you to live the virtue of chastity in this passage? What conversion of life is God asking of you today?

Closing Prayer

Leader: (Turn off music)

All: Jesus, thank you for the gift of your word in Sacred Scripture. Help us to live out the virtue of chastity in our daily lives, by knowing what is good and pleasing. Renew us, Lord. Let our love be sincere. Help us to anticipate the needs of others. Grant that we are always fervent in our prayer, serving you and others. Amen.

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