

January 24, 2024

Grade 4 At-Home Lesson

Opening Prayer: Begin with this prayer.

Angel of God,
My guardian dear,
To whom God's love,
Commits me here,
Ever this day be at my side,
To light and guard,
To rule and guide.
Amen.

Lesson: Lectio Divina—Today you will be learning about a form of prayer called Lectio Divina.

- Begin by watching this video explaining [Lectio Divina](#).
- Then, use this [scripture and reflection paper](#) to practice Lectio Divina.
 - **Scripture:** Look up Mark 1:21-28 in your Bible.
 - Then, follow the Lectio Divina steps to prayer (If this is your first time, you may want to do each of the steps out loud with a parent or friend):
 - **First**, READ the scripture at least 3 times. (Listen for a word or phrase that stands out to you. What is this passage saying to you?)
 - **Second**, MEDITATE on the scripture. (Try to make a connection to your life. Why did that word or phrase stand out to you?)
 - **Third**, PRAY about the scripture to God. (Talk to God about what you read, thank Him for sharing His word with you, and ask Him to help you understand what you read.)
 - **Finally**, CONTEMPLATE on the scripture. (Sit quietly, and listen to what God is trying to say to you.)
- **Activity Challenge:** Select another scripture reading from the Bible. As a family, share in Lectio Divina together.

Next Class: January 31, 2024 Family Night