

Praying with Scripture

SIMPLE WAYS TO LET THE WORD OF
GOD SPEAK TO YOUR HEART

You do not need a theology degree to pray with the Bible. Start with a short passage and stay long enough to listen.



Four Easy Ways to Begin

- 1. Pray the Gospel of the day:** Read once for the story, one for a phrase, and once for your response.
- 2. Pray a Psalm:** Borrow its words when you do not have your own.
- 3. Imagine the scene:** Notice the place, people, movement, and what Jesus says and does.
- 4. Repeat one line:** Carry a short verse with you throughout the day.

Ask Better Questions

- What does this passage reveal about God?
- What does it reveal about the human heart?
- What comforts or challenges me here?
- What am I tempted to skim past?
- What would it look like to live this today?

A Simple Scripture Prayer Page

Passage:

The word or phrase I keep noticing:

What it brings up in me:

What I want to say to God:

One thing I will carry into the day:

Keep It Rooted

A verse can speak personally without meaning whatever we want it to mean. Read Scripture within the life and teaching of the Church, pay attention to the surrounding passage and resist turning every line into a private prediction.

When a passage is difficult, make a note of it and come back with a trusted Catholic study Bible, the Catechism, a good commentary, or guidance from your parish.