

Bible

Read It, Study It, Pray It

Opening Prayer

Dear Lord, let my cry come before you; in keeping with your word, give me understanding.

Let my prayer come before you; rescue me according to your promise.

May my lips pour forth your praise, because you teach me your statutes.

May my tongue sing of your promise, for all your commandments are righteous.

Keep your hand ready to help me, for I have chosen your precepts.

I long for your salvation, Lord; your law is my delight.

Let my soul live to praise you; may your judgments give me help.

I have wandered like a lost sheep; seek out your servant,

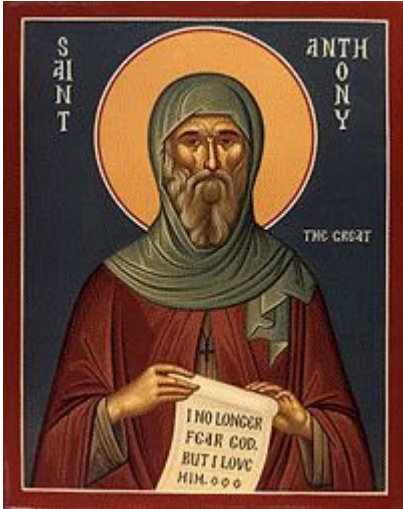
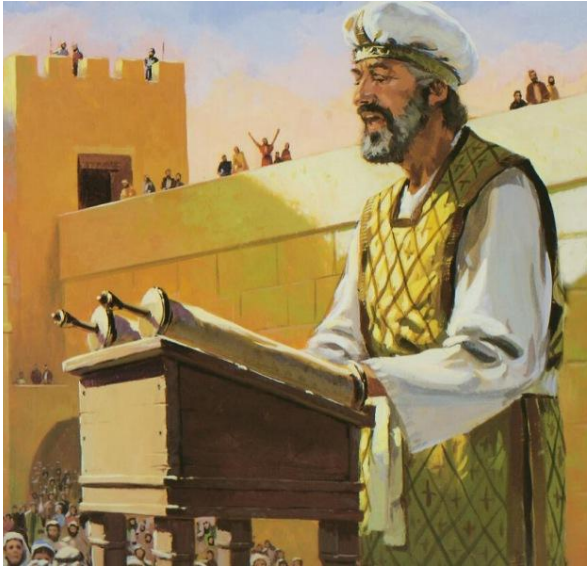
for I do not forget your commandments. Amen (Psalm 119:169-176).

“Ignorance of Scripture is
ignorance of Christ”

St. Jerome

Read and Be Transformed

Scripture has shown the power to change lives!
Have you given it a chance to change yours?

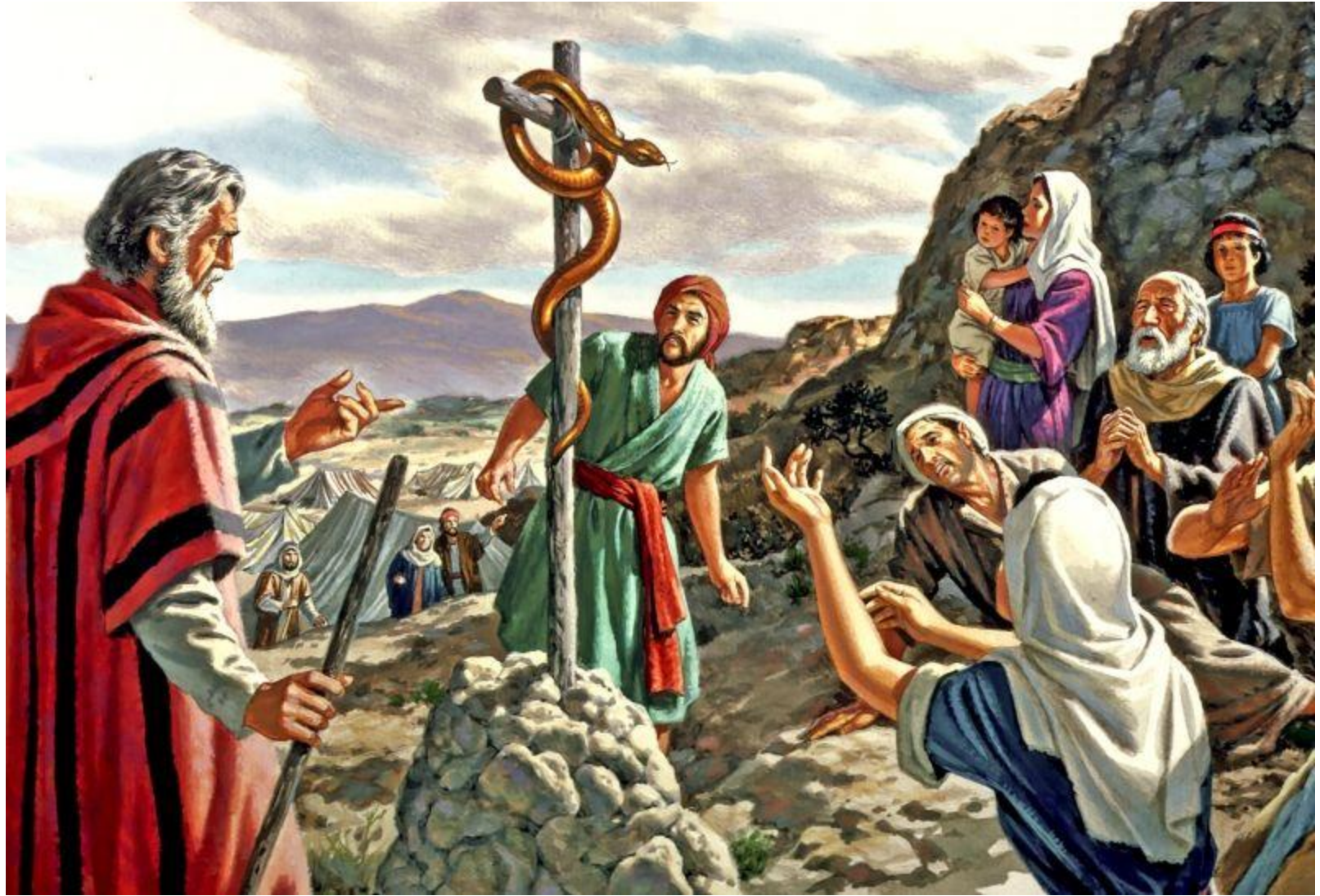


For this reason, we need to develop a closer relationship with sacred Scripture; otherwise, our hearts will remain cold and our eyes shut, struck as we are by so many forms of blindness.

Pope Francis (Aperuit Illis (2019), 8)

Study and Be Awed

116. The **literal sense** is the meaning conveyed by the words of Scripture and discovered by exegesis, following the rules of sound interpretation: "All other senses of Sacred Scripture are based on the literal."

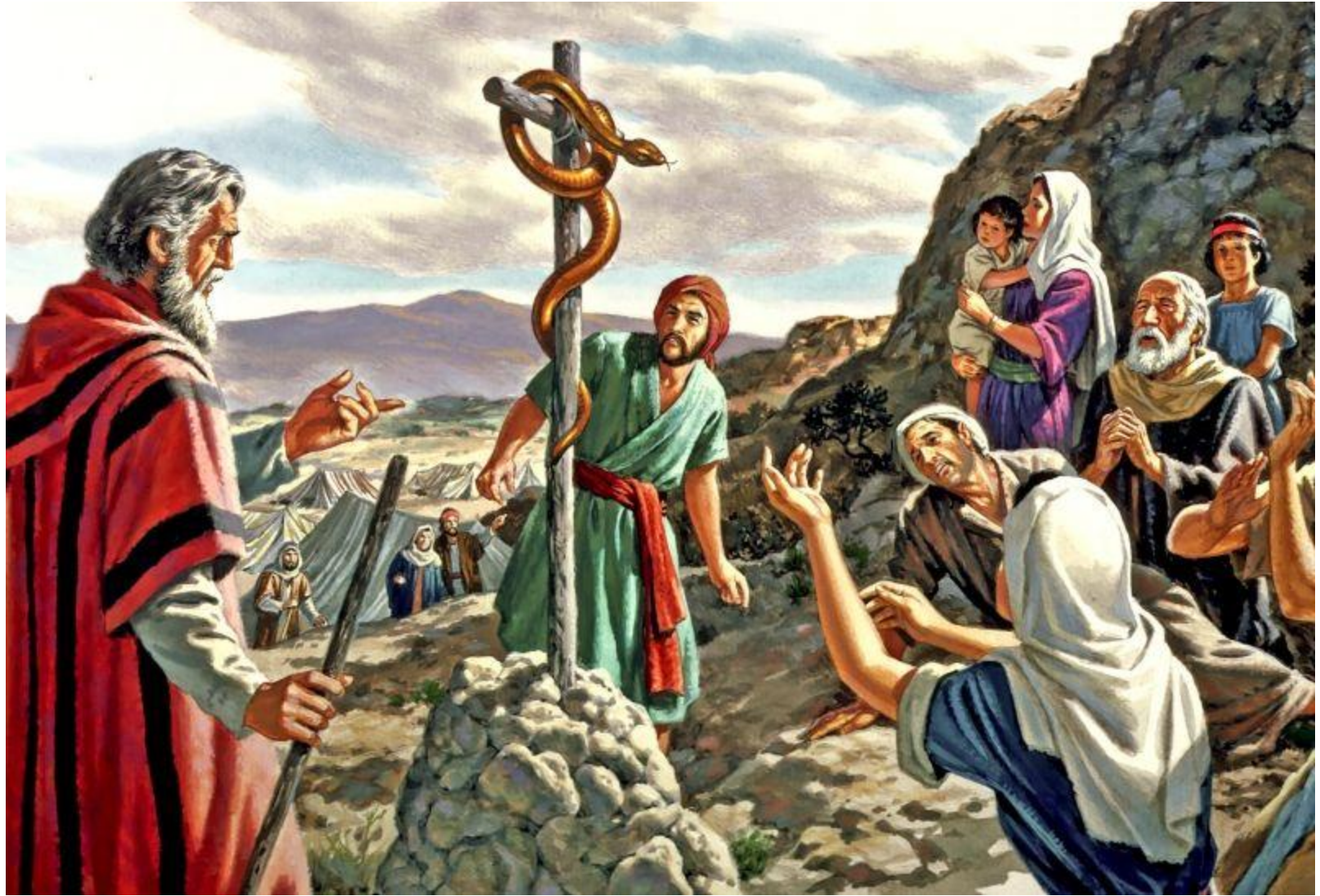






Study and Be Awed

117. The **spiritual sense**. Thanks to the unity of God's plan, not only the text of Scripture but also the realities and events about which it speaks can be signs.
- 1) The **allegorical sense**. We can acquire a more profound understanding of events by recognizing their significance in Christ; thus the crossing of the Red Sea is a sign or type of Christ's victory and also of Christian Baptism.
 - 2) The **moral sense**. The events reported in Scripture ought to lead us to act justly. As St. Paul says, they were written "for our instruction".
 - 3) The **anagogical sense** (Greek: anagoge, "leading"). We can view realities and events in terms of their eternal significance, leading us toward our true homeland: thus the Church on earth is a sign of the heavenly Jerusalem.







Pray and Be Loved



Pray and Be Loved



DAILY PRAYER
FROM THE DIVINE OFFICE

PRAYING WITH THE CHURCH
While distance may separate us, we will be joined into one body as we say the same psalms, utter the same prayers, and pray for the good of others as one.

SANCTIFIES YOUR DAY
It contains a mix of psalms and canticles for us to give thanks and grumble to God for the things that have passed since the last Hour we prayed.

IT IS A HOLISTIC PRAYER
Most Hours cover all four key elements to prayer - Adoration, Contrition, Thanksgiving, and Supplication.


MOTHER CHURCH RECOMMENDS IT
Mother Church declared in *Sacrosanctum Concilium* that "the laity, too, are encouraged to recite the Divine Office, either with the priests, or among themselves, or even individually (#100)."

DEEPENS YOUR APPRECIATION OF SCRIPTURE
As we pray each day, we will be exposed to different psalms, canticles and readings. These are rotated on a cycle of either one or four weeks, giving us a nice balance between freshness and repetition.

5 REASONS TO PRAY THE LITURGY OF THE HOURS
CATHOLIC.sg

Pray and Be Loved




LECTIO DIVINA
Reading the Scripture
Reflecting on the Meaning
Responding through Prayer
Resting in God
Responding in Action
lectio Oratio Contemplatio Operatio

Pray and Be Loved



LECTIO DIVINA

- Reading the Scripture
- Reflecting on the Meaning
- Responding through Prayer
- Resting in God
- Responding in Action

Lectio Meditatio Oratio Contemplatio Operatio

Closing Prayer

God our Father, you gave us your Word so that it will enrich our lives and bring us closer to you. Be with us as we go deeper into your Word. May the meaning come alive in our lives and allow us to learn more about you. We ask this through Christ our Lord. Amen.