

Sacred Heart Catholic Church



Lectio Divina

Lectio Divina is Latin for “Divine Reading.” It’s an ancient method prayer which was first practiced by monks, but it is a great way for anyone whether they are just beginning to pray or already have a deep prayer life. There are many great resources but for those just beginning, I would recommend this instruction from FOCUS (Fellowship of Catholic University Students).

[Do the Lectio 3-Step](#)

The Divine Office / Liturgy of the Hours

The Liturgy of the Hours is also has a long standing tradition in the church. All clergy and religious make vows to pray the Office each day as the universal prayer of the church. The “hours” are more general than the hours passing on a clock. The “hours” are Morning, Daytime, Evening and Night. Most beginners find this form of prayer to be a little awkward at first because it takes some practice in committing to the time or prayer each day. I recommend praying whichever hour correlates with your current schedule of prayer but then add one more! The schedule of prayers really challenges you to break from work at a healthy pace. Monks balanced their day of work and prayer by using the schedule of the Divine Office. In a world so busy and distracted by entertainment, the Divine Office is a great remedy.

[Explanation by the USCCB on Liturgy of the Hours](#)

[iBreviary.org is a great resource for beginners](#)

Study Resources

Unlike ever before in the history of the Church, we have so many great resources that are so easily attainable (thanks to the internet). Here are a few resources to search for great bible studies:

[Formed.org](#)

[Bible In A Year podcast with Fr. Mike Schmitz and Ascension Presents](#)

[St. Paul Center \(Dr. Scott Hahn, Founder and President\)](#)

[St. Charles Borromeo \(Picayune, MS\) Bible Study on Sunday Readings](#)