Young Women of Grace

Chapter 1 ~ Lesson 1

The Special Call & Gift of Woman



Facilitator Lesson Plan for YWofG Chapter 1, Lesson 1

Objectives:

-listen and meditate with an open heart to the scriptural account of *The Annunciation* as read by the facilitator

-explore the roles of Mary and the Archangel Gabriel in the narrative

-view large image of sacred art of The Annunciation during reading

-reflect on Mary's FIAT; reflect on saying yes to God in our own lives

Materials needed:

-a Catholic Bible, the Catechism of the Catholic Church

-journals or notebooks for each girl

-image of The Annunciation (slide after prayer) to project on interactive board/tv

*Use the following presentation to guide your lesson and provide visual direction for students.



Memorare
Remember, O most gracious Virgin Mary,
that never was it known,
that anyone who fled to thy protection,
implored thy help, or sought thy intercession,
was left unaided.
Inspired by this confidence, I fly unto thee,
O Virgin of virgins my Mother.

To thee do I come, before thee I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy, hear and answer me.
Amen.


Read Luke 1:26-38

Exploring Lectio Divina

What is Lectio Divina?

Latin translation: “Divine Reading”

Lectio Divina means “divine reading” in Latin. It’s a meditative way of reading the Bible in which we let go of our own agendas and open ourselves to what God is trying to say to us.

This is why we pray Lectio Divina – to become better listeners of the Lord. When it feels like we can’t say the right thing in prayer, turn to Lectio Divina. Simply open the Bible to a passage, or select a meditation in Hallow, and try to listen well. In doing this, we might hear more clearly what God is asking of us – opening ourselves to peace, gratitude, and living rooted in Christ.

Origin

Many historians and theologians credit St. Benedict of Nursia as the first teacher of Lectio Divina. St. Benedict spoke to the importance of divine reading in his *Rule of St. Benedict*, encouraging readers to live a life devoted to work and prayer (especially through reading). However, this method of prayer likely originated even earlier than the time of St. Benedict, who passed away during the 6th century.

2. **Meditate**

   Then, after reading or listening for a second time, consider: What sticks out to you? Perhaps it’s a particular image, phrase, or single word. Let that be your focus, meditating on what might God be trying to show you through what stands out.

It’s not the same as Bible study

While Lectio Divina is a great way to study the Bible, it isn’t the same thing as a Bible study. Lectio Divina offers something more specific, more personal to you, in the moment you are praying. Bible studies lead us to interpret the Bible by asking questions and at times, doing research, and looking at the Bible as a whole. Lectio Divina, on the other hand, asks us to intentionally focus on a short section of Scripture. This prayerful focus could be one passage, one verse, or even just one word.

3. **Pray**

   Respond to the text and to God. Ask God to show you what He wants you to take from it. This could lead you to offer thanks, ask forgiveness, or simply talk with God about what the passage brought to your heart.

Why do we pray with Lectio Divina?

To become better listeners

There are countless ways to sit with God and grow closer to Him. From the Examen to the Rosary and everything in between, Christians might feel like their prayer toolbox is already full. However, Lectio Divina might become your favorite way to pray. Lectio Divina becomes more about divine listening than divine reading when we take the time to do it.

4. **Contemplate**

   Rest with God. Be aware of God’s presence with you. Listen for His voice.

~from Hallow App

Lectio Divina & Your Journal

*journal writing helps process thoughts, emotions
*self-awareness becomes clearer and more intentional
*broadens examination of life choices, plans
*allows meditation to occur with an open heart
*entries allow tracking of struggles, perspectives, and growth
*allows a record of gratitude entries
*encourages conversation with Our Lord and Our Lady
*allows tracking record of answered prayers



Practice journaling during lectio divina time!



Lectio Divina

and

Journal Writing

with

The Annunciation

~from

Luke 1:26-38

Reflections...

**Was there a time in your life when you received an unexpected call from God? How did you respond?

*Mary's "yes" (her FIAT!) is an example for all of us. What fears or obstacles keep you from saying "yes" to God?

*Is it your responsibility to bring Jesus Christ to others? How would you do this?

*What gifts has God given you to bring Christ to the world?

Know the Faith

The Catholic Church teaches that God selected Mary from all eternity to be the Mother of the Savior, Jesus Christ. He gave Mary all the gifts she would need to accomplish that mission.

One of these gifts was her ***Immaculate Conception.*** (CCC, 490- 493)

What does that term mean?

Why was this gift so important for the Mother of God to have?

Why did Gabriel call her “full of grace?”

How was Mary redeemed?



You are an Unrepeatable Daughter of God!
He is inviting you to live an extraordinary vocation
that is uniquely your own.
God has given you the special feminine gifts
to accomplish the mission He has given you.

