

YOUR TURN



LESSON 22

A. **Complete** the following sentences, using words from the box. One word is used twice.

1 _____ is the raising of our mind and heart to God or the requesting of good things from God.

2 Like any good conversation, _____ requires talking as well as listening to God.

3 In his book *Introduction to the Devout Life*, Saint Francis de Sales reminded Christians in all walks of life of the need for [prayer] and devotion to God. The importance of the _____ is a means for obtaining grace and growing in holiness.

4 _____ is a way of praying by simply being in the presence of God and focusing on our love for him.

5 _____ is a form of silent prayer in which we use our minds, imagination, and feelings to think about God's presence.

6 *Lectio divina*, which means "_____", is a way of praying that involves reading a Scripture passage and meditating on its meaning.

- meditation
- sacraments
- prayer
- holy reading
- contemplation

B. **Respond** to the following.

Describe how meditation and contemplation differ from vocal prayer.

How can meditation and contemplation enrich your prayer life and your relationship with God?
