

LIVING OUT THE SUNDAY READINGS WITH OPENING THE WORD



Opening the Word is a dynamic and exciting journey into the Sunday readings that will help you encounter Christ in the Scriptures, apply the teachings of the Word of God to your daily life, and live your Catholic faith in a more powerful way. Accompanying the weekly videos are downloadable guides which will lead you through a prayerful meditation on the Sunday Gospel reading using the ancient form of Catholic prayer, *Lectio Divina*.

Whether you intend to use *Opening the Word* for Adult Faith Formation classes, small group studies, personal devotion, or in your home with your family, *Opening the Word* can be integrated into each week of your life with these suggested steps:

1

Go to formed.org.

- To prepare for the upcoming Sunday's Mass, go to formed.org on the Sunday one week prior in order to view and download the materials you will need.
- The Opening the Word video is featured at the top of the home page, and is updated weekly with the video for the next Sunday's readings. This video is available to subscribers and non-subscribers alike.

2

Download the *Opening the Word* guide.

- Login to FORMED to download the guide.
- Download the guide by clicking on the white "GUIDE" button located on the Opening the Word home page feature. You may find it helpful to print the guide.
- Read the three Sunday readings included in the guide.

3

Watch the week's *Opening the Word* video.

- Click on the blue "PLAY" button located to the left of the "GUIDE" button.
- In this short clip, an engaging presenter will lead you into deeper contemplation of the readings in order to help you apply the Sunday readings to your daily life.

OPENING THE WORD

▶ PLAY

GUIDE



4

Use the guide's Sunday Meditation to delve deeper.

- The guide will lead you through a prayerful meditation on the Sunday Gospel reading using the ancient form of Catholic prayer, *Lectio Divina*.
- If you are using Opening the Word in a group or family context, you may pray through this meditation together and share your thoughts.
- Journal your prayer in the guide.

5

Continue your prayer with the guide's Daily Meditations.

- Continue your discussion with God throughout the week by consulting your guide each day for a short meditation.
- Reread the readings and contemplate the daily quotes to enrich your prayer.

Note: You can access past and future *Opening the Word* videos and guides by using the FORMED search feature.