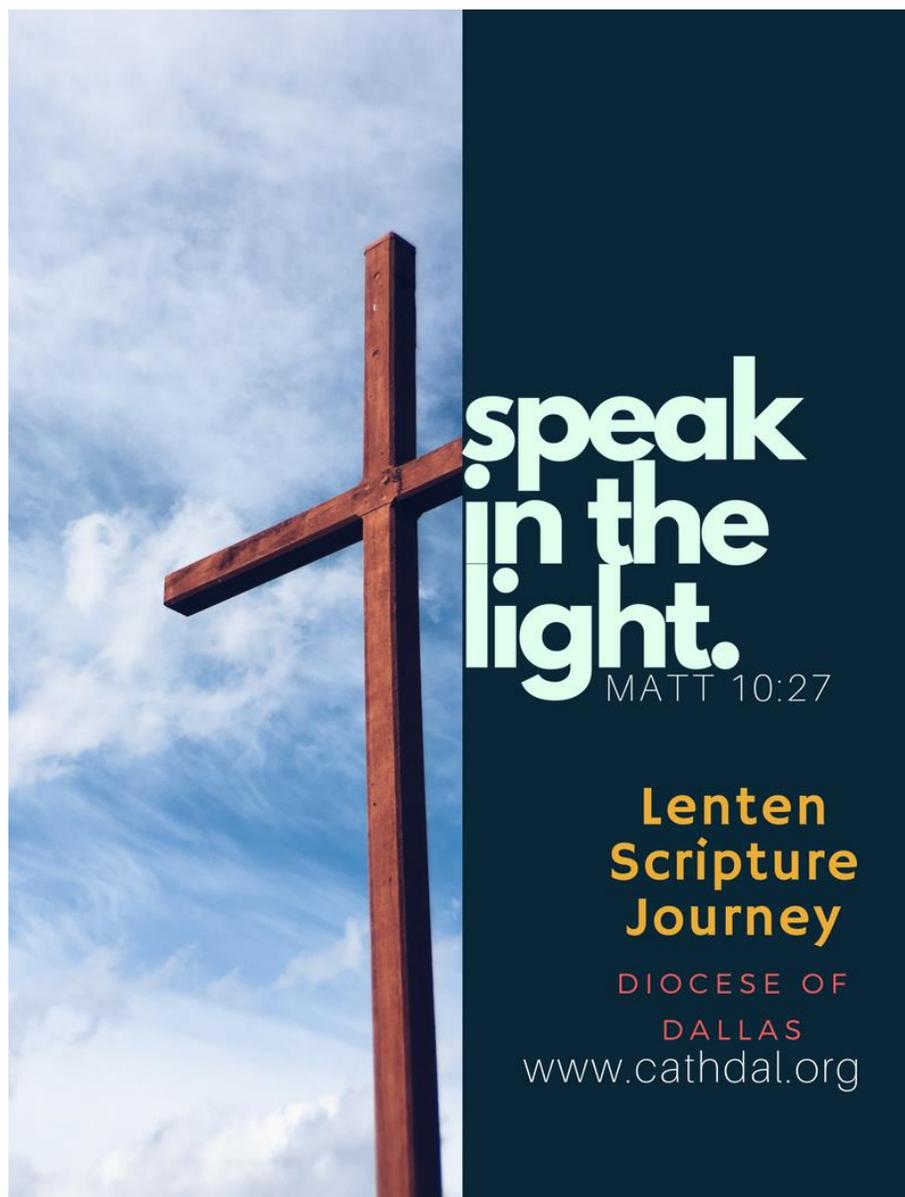


# Speak in the Light

## Lenten Journey

### Overview



A collaboration between the Diocese of Dallas and the American Bible Society

# The Program

*Speak in the Light* is not meant to be a comprehensive Overview of the Bible nor a substantial Catholic Bible Study. It is just meant to reacquaint interested and curious adults with the general make up of the Bible and the Catholic approach to it with connections to the Lenten season. It is hoped that this experience will empower participants to continue to Look Inside the scriptures moving forward and comes with suggestions for further exploration, study, and action.

The purpose and method of *Speak in the Light* is two fold: Provide a basic video introduction of the bible followed by a few short exercises for participants to *Look Inside* and Engage with the Scriptures based on what interested them most during the video.

The first three sessions of *Speak in the Light* are made up of three parts of approximately 15 minutes each. Each part consists of three short 5 minutes video Segments. After each 5 minutes segment participants are invited to go to their bibles and privately complete one or two scripture engagement exercises of their own choosing. These scripture engagement exercises are on the accompanying PDF's. There are also additional group discussion questions, should you care to use them after the private scripture exercises.

Session 1: Video Part 1. The Old Testament Presented by Mark Hart

Segment 1: The Pentateuch

Segment 2: The Historical Books

Segment 3. The Wisdom and Prophetic Books

Session 2: Video Part 2 The New Testament Presented by Mark Hart

Segment 1: The Gospels

Segment 2: The Pauline Letters

Segment 3. The Pastoral Letters and Revelation

Session 3 Video Part 3: The Catholic Approach to the Bible Presented by Kevin Saunders

Segment 1: The Bible in the Mass

Segment 2: Interpretation of the Bible

Segment 3; The Bible in Catholic Doctrine

Session 4 Video introduction to *Lectio Divina*

*Option 1 More Video Less Discussion* Presented by Father Dempsey Acosta

28 minute video presentation (English) 40 minute video presentation (Spanish)

*Option 2 Less Video More Discussion* Presented by Fr. James Martin S.J. 5 minutes (English)

¿Qué es Lectio Divina? [Fundación Ramón Pane](#) 9 Minutes (Spanish)

Lectio Divina experience in small groups (Lectio Divina is our ancient Catholic method of *praying with bible* that Pope Francis has encouraged all Catholics to consider). Participants will practice Lectio Divina during this session so that they will be able to pray through Scripture at home, with family members, or in a small group post Lent.

Session 5 *Speak in the Light*: Using Scripture to Move Us to Action as Missionary Disciples. Pope Francis has asked all Catholics to live out of the Joy of the Gospel and reach out to others with this joy, especially to the poor and lost. This session will focus on integrating the previous 4 sessions, inviting participants to reflect on action steps that they will take to continue their personal Scripture engagement and name how God is calling them to action through Scripture.

## The Speakers

Mark Hart is the video presenter for Sessions 1 and 2.

Mark, known nationally and internationally as “The Bible Geek”, is a graduate from the University of Notre Dame, a SiriusXM Radio host, sought after presenter and the author of over twenty books, including his latest, “Unleashing the Power of Scripture: A Guide for Catholics.” (Word Among Us Press, 2017)

Kevin Saunders is the video presenter for Session 3: The Catholic Approach to the Bible . Kevin is the founder of the Arizona Bible Class where he teaches a 6 year course through the Bible. Over 1000 Catholic adults have graduated from this program. He has a Masters degree in Theology and New Testament from Notre Dame University, doctoral work in New Testament Studies at the Catholic University of America, and spent a year studying at the famed Ecole Biblique in Jerusalem.

Fr. Dempsey Acosta is the video presenter for Session 4: Lectio Divina, Praying With Scripture. Fr. Acosta presently serves as Associate Professor of Theology at the University of St. Thomas in Houston. He has taught courses in religion and scriptures in different parishes and religious institutions in Venezuela, Italy, Spain, Canada and the United States. His areas of research include deuteronomistic history, Book of Judges and synoptic gospels. He can speak on the Old and New Testament, the apostle Paul and his Letters, synoptic gospels, Luke, Acts, and deuteronomistic history.

## How It Works

*Speak in the Light* does not require an experienced bible educator to lead the program. In fact, we urge leaders to focus on facilitating, not teaching. This experience is intentionally designed to be a simple and easy onramp into the Bible, making the acquaintance of the Scriptures rather than dishing out details. It is suggested that any input from a bible educator be incorporated into the parish’s follow up to this program.

*Speak in the Light* can be offered as five 60-90 minute sessions in several ways:

Sessions 1, 2, 3, 4 and 5 can be offered as:

- five consecutive evenings as a Lenten “mission” experience. Each session can be 60-90 minutes.
- One session per week for five weeks.
- All together as a 5-7 hour Saturday or Sunday Scripture Seminar.
- As an individual self study done in one’s own place at one’s own pace via a link on your parish website and bulletin.

Each session is self-contained so you could choose to offer just the first 3 sessions or 4 sessions or all 5 based on the needs/interests of your parish.

# Method

Have participants use the Bibles you hand out. Have extras on hand each week in case someone forgets their Bible.

**It is helpful to think of Sessions 1, 2, and 3 as three parts of a whole.**

Each Part contains three 5 minute segments. These three segments along with three private reading exercises make up one session.

**Sessions 1, 2 and 3 use the following method:**

- Show the first 5 min video segment
- Then stop, distribute the short list of reading exercises that go with that segment, and give participants 7 minutes to privately look up biblical events, themes, or persons of their choosing.
- You have the option of adding 7 minutes of Group Discussion questions after the private reading if you wish or simply move to the next video segment.

Follow this simple method with each of the 3 segments contained in Session 1 Old Testament, Session 2 New Testament, and Session 3 The Catholic Approach.

## **Session 4: Lectio Divina**

Prayer

Watch the video on Lectio Divina

Practice Lectio

Close

## **Session 5: Speak in the Light.**

Prayer

Personal Reflection

Video presentation

Partner sharing

Large Group experience

Closing

**Note:** Approximate length of each session is 60 minutes but they can be easily expanded to 90 minutes if you allow more generous discussion time.

## **Prior to each session**

- Check the video set up. Make sure the video has been properly downloaded and is ready to be shown on the LCD projector or large screen TV in the meeting space.
- Prepare to show attendees how to enjoy the annotations typically found at the bottom of the pages in their bibles.  
Select one of the passages from the list of Exercises to be used with the first segment of the sessions.  
Literally show participants how *a letter* at the end of a verse points to another verse in the bible that refers to the same topic, person, or event.  
Show how *a symbol* such as an asterisk or cross indicates a footnote containing background information can be found at the bottom of the page.

- Check for understanding and let everyone begin their private reading exercises.
- As a way to help participants continue further reading and study, have everyone open their bibles to the Introductory pages located at the beginning of the bible sections covered in this session's video segments.  
Point out how this background information is usually presented before *each section and each book* of the bible in order to help the reader gain some insights and understanding of the content, context, and main points of that section or book.

**IMPORTANT:** At the beginning of Session 1, give everyone a copy of **Handout 1: Beginning My Lenten Patterns**. Say the following as a way to introduce the usage of Handout 1:

*Speak in the Light is meant as an opportunity to deepen our relationship with the Lord throughout the period of Lent. Committing ourselves to being more reflective during Lent just means being more observant, more aware of what we're experiencing - paying more attention to what is "automatic" behavior. During Lent, we can reflect upon the desires we currently have and which of them need to be purified, which may need to be abandoned, and which are wonderful desires that are there, but we haven't acted upon them. Naming our deepest desires will guide the choices we make to establish new patterns for Lent.*

*I invite you to use this handout, "Beginning New Patterns During Lent" to become more observant, more present to your life, your desires, your choices as a way to listen for God's Call.*

## Starting a Session

- Welcome everyone.
- Offer an opening prayer
- Explain the two-step method of each session: video viewing interwoven with personal study of the Bible passage of their choosing followed by group discussion.

Opening Prayer (5 minutes)

Gather participants in the space and arrange them in groups of 4-5. Play music as participants enter (use the YouTube Catholic Lenten Playlist

<https://www.youtube.com/playlist?list=PLF6BDBF2433184A49> or music of your own choosing).

Invite participants to enjoy refreshments (if provided). Have participants fill out nametags, if appropriate.

Introduce yourself and lead participants in opening prayer:

See **Family Prayers** [https://www.cathdal.org/Family\\_Prayers\[4\].pdf](https://www.cathdal.org/Family_Prayers[4].pdf). This is a resource published by the USCCB. There is a prayer intention and prayer for everyday of the week during Lent. So, if you are meeting on a Monday for Speak in the Light, use the Monday intention and prayer. Meeting on Tuesday, use the Tuesday intention and prayer, and so forth. If you want to have a different prayer for every one of your five gatherings, use five of the seven prayers available in the Family Prayers.

**Important Family Connection:** If you are able, print out the Family Prayers and give them to your participants to pray at home daily during Lent.

## ***The Session Plan (for Sessions 1, 2, and 3)***

- Show the first video segment of about 5 minutes.
- Stop, distribute the “Questions for Personal Study or Group Discussion” worksheet that goes with that segment and give participants 7-10 minutes to privately look up biblical events, themes, or persons of their choosing.
- Ask any of the Group Discussion questions you like. Allow another 7-10 minutes for discussion.
- Repeat with the second video segment, followed by Personal Study exercises and optional Group discussion.
- Repeat the same process with the third video segment, followed by the Personal Study exercises, and Group Discussion , if you wish.

## **The Session Plan (for Session 4)**

Video introduction to *Lectio Divina*

**Option 1** More Video, Less Discussion Presented by Father Dempsey Acosta

28 minute video presentation (English) 40 minute video presentation (Spanish)

**Option 2** Less Video, More Discussion Presented by Fr. James Martin S.J. 5 minutes (English)

¿Qué es Lectio Divina? [Fundación Ramón Pane](#) 9 Minutes (Spanish)

Run the entire video (Option 1 or 2). Then facilitate a simple Lectio Divina prayer experience using

**Handout 3:** Pamphlet on *Lectio Divina* from the American Bible Society: [https://www.cathdal.org/lectio-divina-trifold\\_edited\\_version\[3\].pdf](https://www.cathdal.org/lectio-divina-trifold_edited_version[3].pdf)

## **The Session Plan (for Session 5)**

There is a brief YouTube video for this session to supplement a reflective process that will help participants integrate what they have learned and experienced about the Bible, how this experience has enriched their Lenten practice, options so that they can continue to encounter Jesus in Scripture after Lent and some reflection about sharing the Good News with others. Use **Handout 5: I Can Speak in the Light!** At the conclusion of the session, ask everyone to fill out a survey online or hard copy. If you print out hard copies, please scan and email to [kprevou@cathdal.org](mailto:kprevou@cathdal.org) or mail a hard copies to Kevin Prevou, c/o Diocese of Dallas, 3725 Blackburn St. Dallas, TX 75219.

**Note:** Approximate length of each session is 60 minutes but they can be easily expanded to 90 minutes if you allow more generous discussion time.

## ***Closing A Session***

- For sessions 1, 2, and 3, as a way to help participants continue further reading and study, have everyone open their bibles to the Introductory pages located at the beginning of the bible sections covered in this session’s video segments. Point out how this background information is usually presented before *each section and each book* of the bible in order to help the reader gain some insights and understanding of the content, context, and main points of that section or book. Sessions 4 and 5 will have a closing prayer (see Session 4 and 5 Leader Guides for details)
- Distribute any additional PDF’s you may have downloaded and printed such as The Fact Sheet as well as any additional material you think would be helpful for further scripture engagement.