

Chapter 10: The Word Became Flesh

Jesus, the Word of God, became man so we can become like God.

Chapter Summary

After Israel waited centuries for the Messiah, the Angel Gabriel announced to the Virgin Mary that she would bear a Son and should name Him Jesus. He is the eternal Word of God made flesh. In this mystery of the Incarnation, God took a human nature and became man. Jesus has a human nature and a divine nature. He is fully God and fully man, able to act in ways both human and divine. By taking on our nature, Jesus enables us to become sanctified, or made holy. With the grace Jesus makes available to us, we can become like God. This is called divinization. Through His perfect sacrifice, Jesus redeemed both our bodies *and* our souls. We are called to treat ourselves and others as temples of the Holy Spirit.

The Word of God

This is the first guided *lectio divina* for Unit 3. You can find general information on *lectio divina*, as well as its four-step process, on the parent portal.

This meditation can be as short or long as you want it to be. Aim for fifteen minutes to begin.



Step 1: *Lectio* (Reading)

Begin with the Sign of the Cross. Read this passage out loud:
“Your word is a lamp to my feet and a light to my path” (Psalm 119:105).

Pause and then read the passage once more.

Step 2: *Meditatio* (Meditation)

Answer these questions in silence:

- Did any words, pictures, or thoughts come into your heart?
- What is God saying to you in this passage?
- Who is the Word of God? (*Jesus*.)
- How is Jesus a “lamp” to your feet and a “light” to your path?

Step 3: *Oratio* (Prayer)

- Read the passage again. Sit in silence for a few minutes. Talk to God in prayer.
- Tell Him you trust that Jesus and His teachings will lead you to true happiness and eternal life.
- Bring to God any difficulties you may have in following His teachings.

Step 4: *Contemplatio* (Contemplation)

- Read the passage one last time. Sit in silence. Focus on listening to God.
- Visualize God speaking to you. Picture Jesus leading you as a “lamp” and “light” on your path.

Conclude with the Sign of the Cross.

For more family faith formation resources, go to the parent portal.