Lectio Divina

Choose a passage of scripture and read the passage slowly and reflectively several times with the following questions and responses.

Preparation: Sit quietly for a few moments being conscious of the presence of God.

Reading One:
- Read the passage aloud, slowly, once or twice.
- Listen attentively for a word or phrase given to you.
- Speak the word or phrase aloud or write it down.
- Sit in silence for a few moments.

Reading Two:
- Read the passage aloud.
- Ponder how this passage touches your life.
- Speak aloud or journal, responding with "I hear…" or "I see…" or "I sense…."

Reading Three:
- Read the passage aloud, asking
- Is there an invitation here for me to do something?
- After reading the passage, remain in silence for a few moments.
- Speak aloud or journal, responding to the above question with "I feel invited to…" or "The invitation to me is…" or "I am being called/asked to…"

Prayer: Ask God to help you do or be whatever God is asking of you.