

Lectio Divina

Prepare: Start your time by asking God to meet you in your reading and prayer

Lectio (Read): Read the passage slowly one time, looking for words or phrases that stand out to you

Meditatio (Reflect): Read the passage slowly two more times, paying extra attention to the parts that stood out to you the first time. Stop and think about what those things might have meant to the people in the story and what they might mean to you

Oratio (Respond): Journal, pray, or draw, talking to God about the things that you just read

Contemplatio (Rest): Sit quietly and enjoy being in God's creation. Talk to God about things that come to your mind, but try to do more listening than talking

