

Lectio Divina: Praying with Scriptures

READ:

Slowly, thoughtfully, savor the word.
Linger whenever a word or phrase touches your heart.

REFLECT:

What is God saying to you in this passage? Offering you? Asking you?

RESPOND:

Respond to God from your heart.
Speak to God of your feelings and insights. Offer these to God.

REST IN GOD:

Sit quietly in God's presence. Rest in God's love.