

† SACRED READING: LECTIO DIVINA †

Text: *Choose a Scripture text.*

This might be one of the readings for the Mass of the day. It might be one of the psalms. It might be a small part of any book of the Bible that you choose. The only goal is to listen to God through this reading. There is no goal of covering a lot of material.

Place: *Choose a place to pray.*

Ideally, this will be the place you regularly pray, a place of no interruptions, a place where you can be comfortable and completely at peace. This can be in your bedroom, a quiet corner in your house, time alone in your car, time in church: a time and place where you can be alone with God.

Begin: *Breathe deeply; acknowledge God's presence.*

Get comfortable. Then in whatever way you wish, with words or without words, speak to God of your desire to listen during this time. "Lord, help me to hear you." "Lord, I offer you this time." "Lord, what do you want me to hear today?" Spend a minute or so just enjoying the silence with God.

Read the passage: *Slowly, prayerfully, read the passage—silently, gently.*

Savor each portion of the reading. Listen for God's gentle voice in a word or a phrase. Linger over any words or phrases that strike you. Don't expect dramatic encounters or feelings. God probably won't reach out and grab you, but rather, gently, silently, invite you more deeply into His presence. Allow 1-2 minutes of silence after you finish reading.

Read the passage again:

Notice what word or phrase you seem to be drawn to.

Decide on one word or phrase. Ponder that word or the phrase. Repeat it, allow it to interact with your concerns, your thoughts, your hopes. Let the word or phrase echo inside you, inside your life situation here and now.

Pray the word: *Speak to God.*

Allow the word or phrase to become a prayer within you. Dialogue with God about the meaning of this word or phrase. Offer to God whatever you think and feel about the word and about the invitation that might come from this word.

Rest in God: *Simply rest in God's embrace in silence.*