



Lectio Divina

Prepare

Identify a Bible passage that you would like to read. Be mindful of your body position as you find a comfortable place to sit. Quiet your mind by taking a few gentle breaths to help you center on God. Ask God to speak to you through the reading.

Read

Read the passage slowly, either out loud or silently. Listen for a word, phrase, or image that stands out to you in the passage. Repeat the word in your mind.

Reflect

Re-read the passage a second time. Linger over the word, phrase, or image that captured your attention in the first reading. Notice any feelings evoked within you. Ask God how this new awareness speaks to your life in this moment.

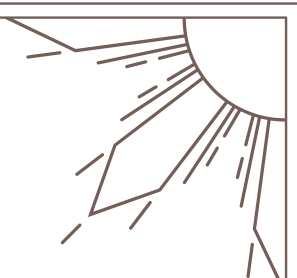
Pray

As you re-read the passage for the third time, consider how God might be inviting you to respond to what has been brought to your attention. Talk with God about what is on your heart.

Contemplate

Rest in the awareness of God's presence. Remain open to anything else that may be stirring within you. Thank God for your new awareness and know that you are loved.





But now says the Lord,
he who created you, O Jacob,
he who formed you, O Israel:
Do not fear, for I have redeemed you;
I have called you by name; you are mine.

When you pass through the waters, I will be with you,
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.

For I am the Lord your God,
the Holy One of Israel, your Savior.

-Isaiah 43:1-3



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