



Matthew: 11:28-30

The Message

“Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me —watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Lectio Divina

Prepare

Select a scripture and find a comfortable place to sit. Quiet your mind, taking a few deep breaths. Ask God to speak to you through the reading.

Read

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

Reflect

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

Pray

As you re-read the passage for the third time, consider how God might be inviting you to respond. 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.