

# Lectio Divina

## PRAYING WITH SCRIPTURE

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### BE STILL

Find a quiet, private place and select a few lines of scripture to reflect on.

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### READ

What does it say?

Slowly read the verses, looking for details, key words and concepts.

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### MEDITATE

What catches your attention?

Mentally "chew" on the words and images. What sticks out to you?

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### PRAY

How does your meditation connect with your life? Talk with God about the issues that come up.

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### CONTEMPLATE

Savor being in God's presence. Sit with Him and allow Him to search your heart.

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### RESOLVE TO ACT

What will you do?

Make a plan of action in response to what God has spoken to you through scripture.