

Meditating on the Word (Lectio Divina)

Feel free to adjust the length of time for each step.

1. **Prepare**

Find a comfortable place to meditate on the Word. Sit in a comfortable position. Focus on the rhythm of your breathing. Quietly pray, "I wait for the Lord, my soul waits, and in his word I hope" (Psalm 130:5). Be still. (About 5-10 minutes)

2. **Read / Listen**

Read (or listen to) a passage slowly. Savor each word. If it is a story, imagine that you are in that scene. (About 10 minutes)

3. **Meditate**

Read again, and now focus on a word or phrase that caught your attention. Reflect on that word or phrase. Take time to think about any thoughts, emotions, or memories this word may remind you of. (About 10 minutes)

4. **Journal**

Write about your thoughts or about this experience of meditation. You can also write down any prayers. (About 5-10 minutes)

5. **Prayer**

Talk to God based on your reflections. Or, read aloud a short prayer you wrote down during Step 3.

6. **Silence and Rest**

Take a moment of silence, while being aware that God is with you. If you want, you can continue reflecting or praying. But end with a time of silence in God's presence. (About 10-15 minutes)

Total time: 45-55 minutes max