



Lectio Divina

Reading slowly and prayerfully

Begin with Silence

Read the passage

*Listen for the word or phrase
that sticks out to you. Just
notice it.*

Read a 2nd time and reflect

*What is it in my life right now
that needs to hear this word?*

Read a 3rd time and respond

*What is my response to God
based on what I just read and
encountered? Lean into where
it touches your desires and
longings.*

Read a 4th time and rest

*How is God inviting me to rest
in Him?*

***Resolve to live out the Word of
God.***