

Lectio Divina

1. Read the scripture slowly. Watch for a key phrase or word that jumps out at you or promises to have special meaning for you. It is better to dwell profoundly on one word or phrase than to skim the surface of several chapters. Read with your own life and choices in mind.

2. Reflect on a word or phrase. Let the special word or phrase that you discovered in the first

phase, sink into your heart. Bring mind, will and emotions to the task. Be like Mary, Jesus' mother, who heard of the angel's announcement and "treasured" and "pondered" what she had heard (Luke 2:19).

3. Respond to what you have read. Form a prayer that expresses your response to the idea, then "pray it back to God." What you have read is woven through what you tell God.

4. Rest in God's Word. Let the text soak into your deepest being, savouring an encounter with

God and truth. When ready, move toward the moment in which you ask God to show you how to live out what you have experienced.