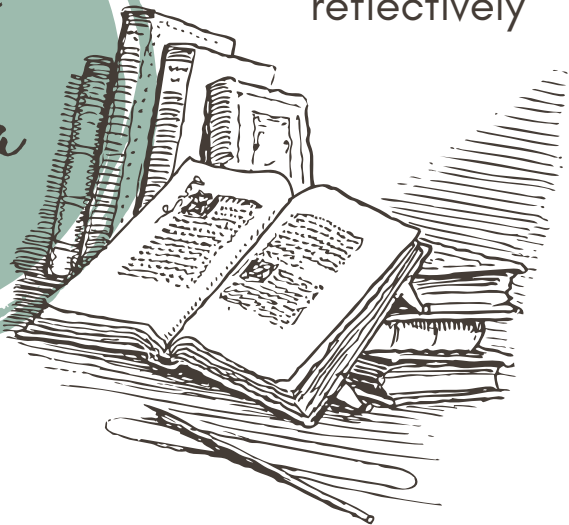


# Lectio Divina

...reading scripture  
reflectively



- Ready – Find a quiet place and select a short biblical text. Begin to quiet your thoughts as you ask God to meet with you.
- Read – Read the passage slowly several times. Notice any word, phrase, or image that draws your attention.
- Reflect – Ponder that word, phrase, or image. Notice what thoughts, questions, images, or emotions arise in you.
- Respond – Talk with God about what you've noticed. Listen to what the Holy Spirit might be saying to you.
- Rest – Quietly rest in the Lord's presence. Let yourself experience God's love and peace.