

# Lectio *Divina*

## **Prepare**

Let yourself grow aware and present. Acknowledge the presence of God – Father, Son and Holy Spirit.

## **Read**

Read a Bible passage (see suggestions below).

Hear

Listen for a word or phrase that speaks to you. Repeat that sentence or phrase and allow it to speak to you – meditate on the phrase.

## **Share**

Share your heart-felt response to God.

## **Rest and gratitude**

Rest in your experience with God's word with a thankful heart.

days of suggested Scripture reading (prayers in the Bible)

Psalms 67

Psalms 103

Daniel 9:15-19

Matthew 6:5-15

John 17:20-26

Romans 8:22-27

Ephesians 1:15-23;

Ephesians 3:14-21

Colossians 1:9-14

Philippians 1:3-11

