

Lectio Divina (from Carmel's Call)

1. Ask the Holy Spirit to guide you.
2. Read the passage — silent reflection.
3. Read the passage a second time, note key words or phrases.
4. Why are those words or phrases important to you? Just jot down a word or two to trigger a thought.
5. Read the passage a third time. What is the author trying to say to the audience he is writing for? Look it up in a commentary, if it's available. Write out in one or two sentences at most what the point of this passage is — not for you, but in the text itself.
6. Read passage a fourth time. What does this passage say to you in your life situation? Does it confirm anything? Does it challenge you in any way? Does it call you to action?
7. Sit silently with the passage, let it *roll over* in your heart. [**See Christ's image in your soul. Look at Him and listen.**]
8. Formulate a prayer in your own words that ties it together. Ask God for guidance in following these things out in action.
9. What actions, if any, does this prayer call you to do? When and how will you carry them out?
10. Conclude with an Our Father or other prayer.