

Date _____

Passage _____

Lectio Divina* Worksheet

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? Write out in one or two sentences at most what the original point of this passage was.

6. Read passage a fourth time. What does this passage say to you in your life situation? Does it confirm anything? 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.**] Write down any words or impressions.

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.

*Adapted from *Carmel's Call*.