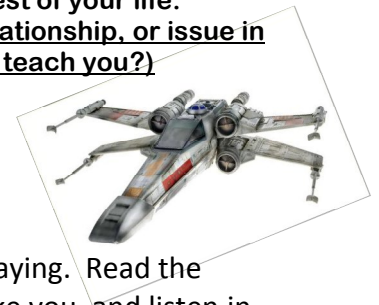


Follow the procedure outlined below to reflect on the gospel reading. Write all responses to underlined questions in your journal.



- **P**ray that this time with the Bible will draw you closer to God.
- **R**ead attentively, trust that God will give you what you need to learn or grow.
- **I**magine what was going on when the passage was written– put yourself in the story.
  1. Put yourself into one of the character’s shoes. What was it like to be there?
- **M**editate on what you have read.
  2. What did Jesus really say? (What is the meaning of what he said?)
  3. What did Jesus really do? (What impact did his actions have?)
- **A**pply what you have read to your life. God may be calling you to address a particular issue or relationship. Or, you may find words of comfort and support that you need at this particular time. Carry God’s word into the rest of your day and the rest of your life.
  4. How does this scripture passage relate to a specific event, relationship, or issue in your life? (If it doesn’t now, when might it? What is God trying to teach you?)



## THE 4 R’S OF LECTIO DIVINA

### 1. READING (LECTIO)

Take your time and read the passage. Get a sense of what it is saying. Read the passage a second time. Pause on any words or phrases that strike you, and listen in your heart.

### 2. REFLECTING (MEDITATIO)

As you pause on the words or phrases that strike you, ask yourself the following questions:

- What does this passage mean?
- What does this passage mean to me or for my situation?



### 3. RESPONDING (ORATIO)

As you get a sense of the passage’s meaning, ask yourself the following questions:

- What does this passage want me to pray for?
- What does this passage make me want to say to God?

### 4. RESTING (CONTEMPLATIO)

Take time to be attentive to your heart, where God moves, lives, and speaks within you. Ask yourself the following question:

- What do I feel God is saying back to me now that I have responded to him?