**Lectio Divina**

Is an ancient method for praying with scripture, being open to hearing the words afresh, a personally enlivening and transforming word from God.

I have selected a text for us today and we will be moving through four stages of listening and reflecting. You may take notes, draw pictures, or simply reflect in your mind.

**(reading) First Reading:** simply listen to the text paying attention to what catches your attention, a word, a phrase, an image. Make note of what is lingering in your mind.

**(mediating) Second Reading:** keeping the word, phrase, or image you selected in your mind pay attention to any meaning/memories or stories or further images it brings to mind as I read again.

**(praying) Third Reading:** What is the invitation you are receiving from these words or images? Do you feel a sense of affirmation, of being challenged? What is God saying to you or calling you to?

**(contemplating) Silence:** Allow yourself to rest in God’s presence, in your invitation, sink into the silence and the love God has for you.