

### Lectio Divina ('Divine/sacred reading')

(Reading for Relationship, not just information)

<b>1. <u>Preparation</u>:</b> Silence to Centre. Express my desire to hear from God. 'Speak Lord for I am listening.'	Imagine entering God's presence/coming before a throne/going through a door.
<b>2. <u>Read and Listen</u>:</b> What word/phrase is addressed to me? Repeat it.	
<b>3. <u>Read and Reflect</u>:</b> How is my life touched by this word? In what way do I need to hear this word?	
<b>4. <u>Read and Respond (pray)</u>:</b> What is my response to God based on this word from him to me? In prayer, share desires, feelings and frustrations aroused by this word.	
<b>5. <u>Read and Rest</u>:</b> Wait and rest in God's Word and God's presence.	
<b>6. <u>Resolve</u>:</b> To carry this word with me, and live it out during the day.	