

Lectio Divina

Lectio Divina is slow, rhythmic reading and praying of a Scripture passage.

Here are the steps:

1. **Read:** Pick any passage in Scripture. Slowly, thoughtfully, savor the word. Linger whenever a word or phrase touches your heart.
2. **Reflect:** What is God saying to you in this passage? Offering to you? Asking you?
3. **Respond:** Respond to God from your heart. Speak to God of your feelings and insights. Offer these to God.
4. **Rest in God:** Sit quietly in God's presence. Rest in God's love.

Luke 1:78-80

*In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.*