

1. Praying with the Scriptures -Lectio Divina Journaling

God wants you to hear Him. He calls you to seek His counsel, wisdom and guidance, thus you have to hear Him ... how do you hear Him? ...listen...be open for God speaks softly

Lectio Divina is Latin for *divine reading*. It is a traditional Benedictine practice of scriptural reading, meditation and prayer intended to promote communion with God increasing your awareness and knowledge of Christ present within in you and among us.

Praying - Lectio Divina and Journaling your thoughts

1. Together let us get comfortable, becoming silent. Close your eyes and recall God's presence in you: Let everything go from your day, your worries, tasks, and timelines. Let your spirit rest in God's.
2. Invite the Holy Spirit to be with you and guide you. To yourself recite a beloved prayer or phrase enjoying the silence of the moment.
3. Choose a scripture reading.
4. Close your eyes and think about what you read. Reread the passage slowly repeating it to yourself. Be attentive, allowing your inner world of concerns, memories, and ideas to flow freely. Do not be afraid of distractions. Memories or thoughts are simply parts of yourself that, when they rise up during lectio divina, are asking to be given to God. The voice of God usually comes in the form of ideas or understandings that come to mind while you are searching for meaning in what you are reading.
5. This is the part of prayer where God shows you more about himself.
6. Think about how the scripture applies to your life. Is it talking about forgiveness? Sin? Life? Loving your neighbor? Think about what it means for you in your everyday life.
7. Have a Conversation with God...As you are thinking about what you read, you may feel something. This is a good time to write about what you are feeling in your journals. If you don't feel anything specific, write about whatever stood out most to you when you were thinking. Focus your prayer around the passage you read. Be attentive while to hear what the Holy Spirit might be "speaking" in your heart. Sometimes it will be as simple as His peaceful presence.
8. **Choose:** What can you do so that you are changed by your experience and new knowledge of God? Make a practical resolution in response to your experience in

prayer. Lectio divina has no goal other than that of being in the presence of God by praying the Scriptures. "calling us forth" into doing or being.

9. Conclude by thanking God, rejoicing in the knowledge that God is with you in both words and silence.

"I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. You heard me say to you, 'I am going away, and I am coming to you.' If you loved me, you would rejoice that I am going to the Father, because the Father is greater than I. And now I have told you this before it occurs, so that when it does occur, you may believe." John 14:25-29