Let anyone with ears to hear

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Jectio Divina

"Divine Reading"

Ask and it will be given you; search, and you will find; knock, and the door will be opened for you. —Luke 11:9

Prepare

Ask God to speak to you and trust the Holy Spirit to help you hear God's Word as you seek it.

Lectio
"Read"

Read the passage attentively. What words or phrases stood out to you?

Meditatio "Meditate"

Read the passage and reflect. What images, feelings, and thoughts struck you?

Oratio "Pray"

Read the passage as God's Word to you. What do you hear God speaking to you?

Contemplatio

"Contemplate"

Sit quietly for five to twenty minutes and allow God to work.

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