

May 7, 2024

Lectio Divina Meditation

Step One: Read the quoted passage slowly two times. Note a word or phrase that “jumps out” to you. Think about that .

Step Two: Read the passage again, slowly. Think of the image or experience your word brings up.

Step Three: Read the passage one more time. Meditate on how this word, phrase, image applies to your life and feelings right now. Journal if you will.

For the new year I am taking passages from Thomas Merton’s Book of Hours.

My Lord, You have heard the cry of my heart because it was You Who cried out within my heart.