



For Individual Setting

Begin in *Prayer*

Come Holy Spirit. *(Pause and repeat slowly.)*
Heavenly Father, I know that you want to speak to me. Remove any obstacles or distractions that would inhibit you being able to speak to me. As a Father speaks to His beloved daughter allow my heart to hear your words of love. *(Pause, and then continue with Lectio).*

Lectio *Read*

Read the passage. Familiarize yourself with the reading. Write down anything that stands out to you. If you have any questions or there are things you don't understand, write those down separately; don't allow them to be a distraction. You can come back to them/ask someone later.

Meditatio *Reflect*

Read the passage again and be attentive to words, phrases or images sticking out. Write them down. Then take a few moments to consider: what you think the Lord is trying to say? How does this passage relate to you?

Oratio *Respond*

Read the passage a third time really focusing on the word or phrase. Spend time journaling and reflecting on this passage and what the Lord is saying.

Contemplatio *Rest*

Really allow the Lord to speak to your heart.

You might use phrases such as, "Come, Holy Spirit," or "Jesus" (breathe in) / "Mercy" (breathe out) to help keep focus and mindful.

Are there any practical actions you need to take to let this time bear fruit today, and in the days to come?

When finished, thank God for speaking. Pray an Our Father.

