

Write down any questions you may have about this story.

Step 2: Reflecting on God's Word (Meditatio)

Can you identify with this story in any way?

How is God speaking to you through this story?

What are some possible challenges and changes being suggested for your personal situation?

Be specific. Write down whatever comes to you.

Step 3: Listening to God (Oratio)

Continue quietly to center your thoughts on God in a trusting, receptive, expectant manner.

Be still and listen...listen...listen.

Reread the selected passage.

Record whatever comes to you.

Do not hurry God or cut short your listening.

Step 4: Resting in God (Contemplatio)

Relax your efforts to pray and meditate actively. Put aside your personal agenda.

Simply enjoy being in God's presence. Allow God's love to hold you and enfold you.

Step 5: Naming Your Next Step

When you are ready to move on, offer a prayer of thanks for these precious, special moments.

Ask for God's grace, guidance, and encouragement to help you act upon any direction that may have come to you during your time alone with God. Name possible next steps.

Depend on God's faithfulness to you.

Go now in peace for the peace of Christ goes with you!