

Prayerful Reading of Scripture

RELAX

Take a few moments to become quiet and fully present, waiting in expectancy to hear and receive God's presence. Relax, release any tensions and preoccupations, and become attentive to God.

READ

Read the passage for an overall sense of comprehension. Read again more slowly and more prayerfully listening for a particular word or phrase that especially draws you. The word or phrase must come from the passage itself. You need not understand why the particular word or phrase seems to call you, simply consent to receive it. Repeat your "word" over and over to yourself in silence.

REFLECT

Read the passage again with the following question in mind: How is my life touched today? Ponder this question specifically in relation to the "word" you were given during the first reading. How do the specifics of this passage inform and interact with the specifics of my life? What image, sound, taste, touch, or smell seems to be given to you in relation to the passage? You may not immediately understand the connection that emerges between your life and the passage, but again, simply accept what is given. What is the invitation from the Lord that is emerging?

RESPOND

Read the passage once again. Respond to Jesus about his invitation--question, commit, surrender, argue, ask for help, express thanks, praise---with whatever is truly in your heart.

REST

Gently, in prayer, rest in the assurance of God's grace and empowerment to respond fully to the invitation you have been given.

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