

Lectio Read

Read several times, be attentive to detail
Note verses or phrases that stand out to you
Work to understand meaning and background

Journal Starters:

- In this passage...
- My favorite verse was...
- I noticed...

Meditatio Meditate

Think about the reading and connect to your life
Imagine being present to hear the passage or witness the story

Journal Starters:

- This reminds me of...
- If I were there...
- I can connect this story to...

Oratio Pray

Dialogue with God in prayer about the passage
Thank God for His Word
Ask Him to lead you into deeper understanding

Journal Starters:

- Dear Jesus...
- Thank you God for...
- Please help me understand...

Contemplatio Contemplate

Quiet expression of love between you and God
Note what God is trying to teach you through the passage and time of prayer

Journal Starters:

- I think Jesus is teaching me...
- Lord, I love you for...
- I believe...