

Vocations

Lectio Divina

This prayerful practice is based on *Lectio Divina*, a way of reflecting on passages from scripture.

Read

Take time to be still (Be still, and know that I am God, *Psalm 46:10*). Invite the Holy Spirit to guide your reading of Scripture. Slowly read the passage several times.

Meditate

Ponder, rather than analyse, and seek what God might be revealing through the Holy Spirit. Notice anything that stands out and reflect with God about its meaning for you.

Pray

Talk to God about what you have pondered and noticed, not to seek solutions or answers, but to gain a deeper relationship with God.

Contemplate

Rest in God's presence in silence. Let go of your desires and allow God to affirm you and speak to you. This is a time to be with God, on God's terms and with God's direction.

Possible Scripture Passages

Ephesians 4:1-7	Mark 1:16-20	Luke 3:10-11
Romans 12:3-8	2 Thessalonians 1:11-12	Matthew 25:34-36
Jeremiah 29:11-14	Genesis 12:1-3	1 Corinthians 12:7-10
Luke 4:14-21	2 Peter 1:10-11	Psalm 37:3-5
John 15: 9-17	2 Corinthians 5:17-20	Psalm 145:14-21
Colossians 3:23-24	Colossians 3:17	John 16:22-24
Matthew 28:16-20	Proverbs 14:21	Acts 13:1-5