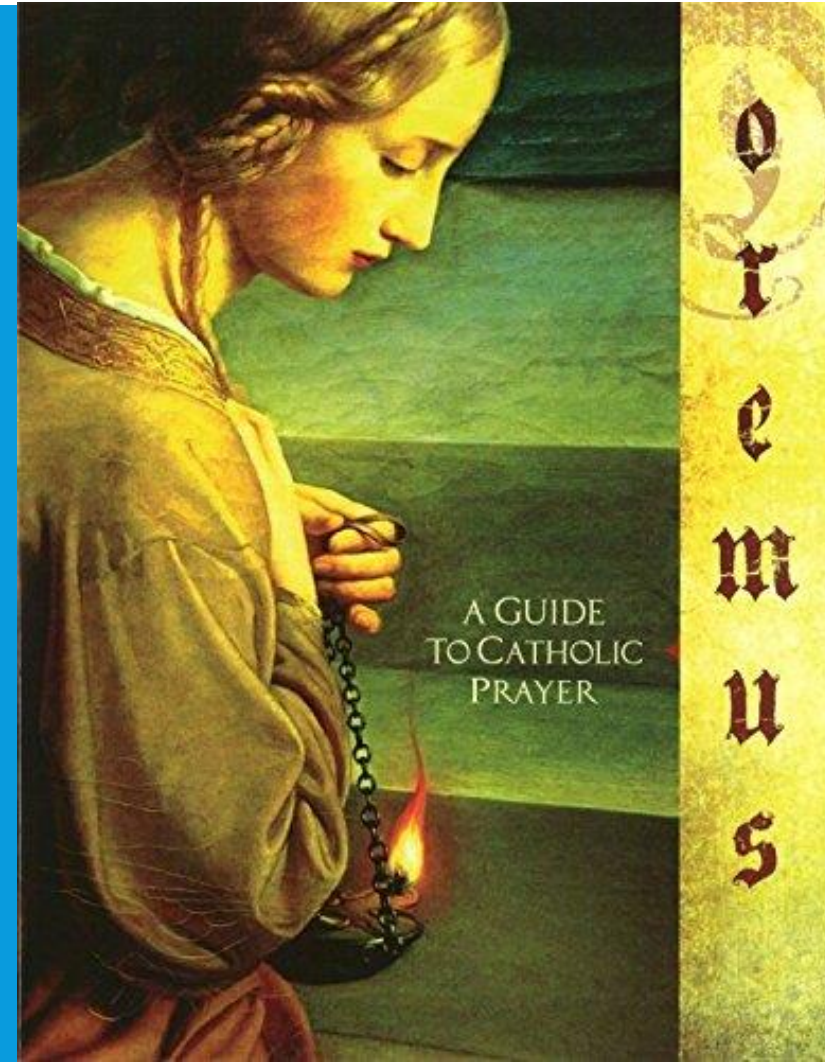


4 - STEPS

1. Lectio - Reading
2. Meditatio - Meditation
3. Oratio – Talking with God
4. Contemplatio - Contemplation



LECTIO

Read the Word of God, slowly and reflectively. What did you hear? Speak aloud the word or words that stood out to you.

This is the easy part!





MEDITATIO

Reflect on how Christ is speaking to you through the text. What is he saying to you? What are the implications of the text in your life?



ORATIO

Listen quietly to God speaking to your hearts;
respond silently to Him.



CONTEMPLATIO

Spend several minutes of quiet rest in God's love. Savor being in God's presence.