

**Select a short scripture that speaks to you**  
**Sit in the silences and listen to what you are hearing**  
**Follow the rhythm of the four movements slowly**  
**Write down your first responses to the question**

***Lectio (Read) (read passage twice)***

Silently repeat a word or phrase that interests you  
Write the word or phrase down

***Meditatio (Reflect) (read once)***

Reflect on “Where does this scripture touch me?”

Write your response starting with the phrase, “I hear, I see, I was struck by...”

***Oratio (Respond) (read once)***

Reflect on “How is God calling me to respond to the future?”

Write down your response:

***Contemplatio (Rest) (read once)***

Rest in God’s grace in silence today and let the word or phrase and your prayer of response go deep within you as you prepare for this day of serving the Lord or this night of blessed sleep.