

WELLNESS WEDNESDAYS

SPIRITUAL HEALTH: Experiencing God's Goodness and Mercy

5

CAN WE REALLY
HEAR FROM GOD?

Lectio Divina – a method of praying the Scriptures

- 1. READ** - Slowly and thoughtfully, read the Scripture passage the first time. What word or phrase captures your attention and grabs your heart? Linger with it whenever this happens.
- 2. REFLECT** - Slowly and prayerfully, read the passage again. What is God saying to you in this passage? offering you? asking you? What feelings are arising within you?
- 3. RESPOND** - Slowly and prayerfully, read the passage again. Respond to God from your heart. Speak to God of your feelings and insights. Offer these to God.
- 4. REST** - Possibly read the passage another time. Sit quietly in God's presence, asking, "What are you saying to me?" Rest in God's love, and listen.
- 5. RECORD** - As you end your prayer period, it might be helpful to jot down in a journal what arose during this time. What did you speak to God, and what did God offer you?

SPIRITUAL HEALTH CHALLENGE

Lectio Divina – a method of praying the Scriptures

Read.

Reflect.

Respond.

Rest.

Record.