



LISTENING THROUGH LENT

(((A STUDY ON PRAYER)))

Holy Reading

Lectio Divina

Make some time for quiet. Find a comfortable place away from distractions. We tend to process readings, particularly from the Bible, intellectually. We ask “What does this mean?” “ Do I understand this?” Rather than approaching the scriptures with your intellect, you are invited to let the words and images connect your heart to God’s heart.

You will read each passage three times, listening for a different thing, in a different way, each time.

1. As you read the verses this first time, listen for the word or phrase that leaps out at you. What word or phrase calls to you or sticks in your memory? As you hear the word or phrase, gently take it into your heart and silently recite or ponder the word during the silence.
2. As you read the verses a second time, meditate on the word or phrase that speaks to you. Let it interact with your thoughts, your hopes, your memories. Consider how the word or phrase is touching your life today.
3. As you read the verses a third time, consider how God is calling you forth into doing or being through this scripture. Allow God to use these words, this story, to touch you, shape you in your life today.

Before you return to your routine activities, spend a few moments in prayer and meditation. If you keep a journal, make some notes about these verses and this time apart. When you are finished, *go in God’s peace and love.*



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A SEVENFOLD EXERCISE IN SPIRITUAL BREATHING

- Inhale: Fill me, O God, with the breath of your Life.
Exhale: Thank you, God, for giving this life to me.
- Inhale: Fill me, O God, with the joy of salvation.
Exhale: Thank you, God, for Jesus who saves me.
- Inhale: Fill me, O God, with Thy Holy Love.
Exhale: Thank you, God, for loving me so much.
- Inhale: Fill me, O God, with Thy enduring patience.
Exhale: Thank you, God, for being so patient with me.
- Inhale: Fill me, O God, with Thy Power over temptation.
Exhale: Thank you, God, for my victory in Christ Jesus.
- Inhale: Fill me, O God, with Thy Holy Spirit.
Exhale: Thank you, God, that Your Spirit dwells within me.
- Inhale: Fill me, O God, with the abundance of Thy Self.
Exhale: Thank you, God, that I need nothing but Thee.

By Roger Rusk

“You have made us for Yourself,
O Lord, and our heart is restless until it finds its rest in You.” Augustine