

April 23, 2024

Lectio Divina Meditation

Step One: Read the quoted passage slowly two times. Note a word or phrase that “jumps out” to you. Think about that .

Step Two: Read the passage again, slowly. Think of the image or experience your word brings up.

Step Three: Read the passage one more time. Meditate on how this word, phrase, image applies to your life and feelings right now. Journal if you will.

For the new year I am taking passages from Thomas Merton’s Book of Hours.

Untie my hand and deliver my heart from sloth. Set me free from the laziness that goes about disguised as activity when activity is not required of me, and from cowardice that does what it is not demanded, in order to escape sacrifice.