

**January 24, 2023**

## **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.**

**My only desire is to give myself completely to the action of this infinite love Who is God,**