

**June 21,2022**

## **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.**

**“This fire consumes you with a desire that is not directed immediately to action but to GOD. And in that swift peaceful burning tide of that desire you are carried to prayer rather than to action, or rather, action seems to follow along with prayer and with desire as if on its own accord....”**