

September 20, 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.

"I will hear Your voice and I will hear all harmonies You have created, singing Your hymns to find joy in giving You glory.