

2024

PENTECOST PRAYER WEEK

HOW TO PRAY THE BIBLE (LECTIO DIVINA)

“As in Paradise, God walks in the Holy Scriptures, seeking Man.” - *Saint Ambrose*

INSTRUCTIONS:

- 1) Pick a passage that you would like to reflect on.
- 2) **PAUSE:** First, take a few deep breaths. Be silent with God. Become aware of tension you are feeling in your body, and release it on your breaths out and receive His peace on your breaths in.
- 3) **REFLECT:** Read the passage as slowly as you possibly can, perhaps even breathing in and out with every word. When a word or phrase jumps out at you, stop and “hold” it for a little while longer.
- 4) **ASK:** Turn that word or phrase into a conversation with God. Why did it stick out? Does the word or phrase produce a prayer in you? What’s going on in your life that this word resonates with?
- 5) **YIELD:** Simply ask, “Holy Spirit, how can I carry this word or phrase with me today? Is there anything you’re inviting me to do in response to this time?”

Inspired by How to Pray by Pete Greig and 24-7 Prayer (24-7prayers.com).