

Lectio Divina

(Divine Reading)

Introductory Prayer:

- Acknowledge the presence of Father, Son, and Holy Spirit.
- Thank God for his word.
- Invite Jesus to speak through his word.

Lectio (reading):

What does the word of God say?

- Read slowly, paying attention to what grabs your attention.
(positively or negatively)

Meditation (meditation):

What does the word of God say to ME?

- Dialogue with God about what caught your attention. How does it apply to you? What is God showing you about yourself?
- Write down reflections and insights.

Daily Examen

Rest:

- Recall some of the blessings of the day and thank God for them.
- Attune yourself to your surroundings and the gift of the moment. Take a deep breath, settle in.

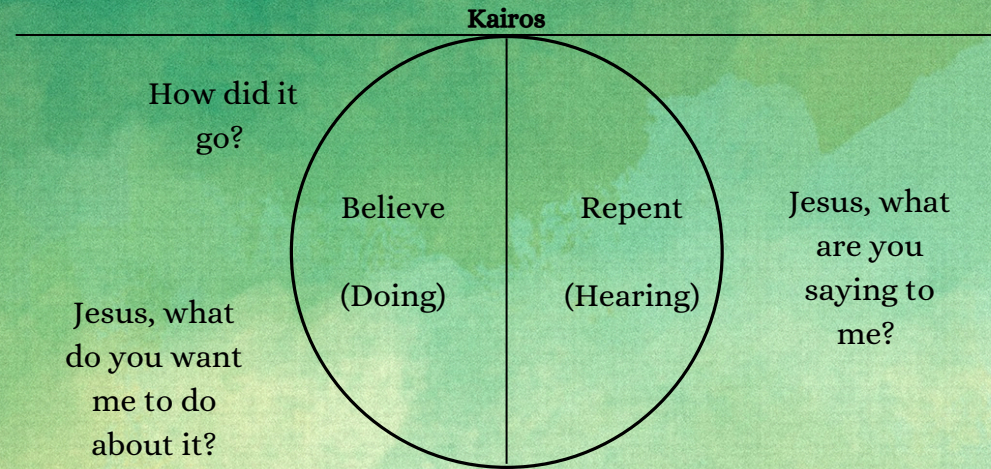
Review:

Recall significant moments of the day. What thoughts, feelings, words, or actions come to mind? Consider...

- When did I give/receive the most and least love today?
- When did I have the greatest sense of belonging to myself, God, and others?
- What brought me closer to God today?
- What pulled me farther from God today?
- What caught my attention or stood out to me today?

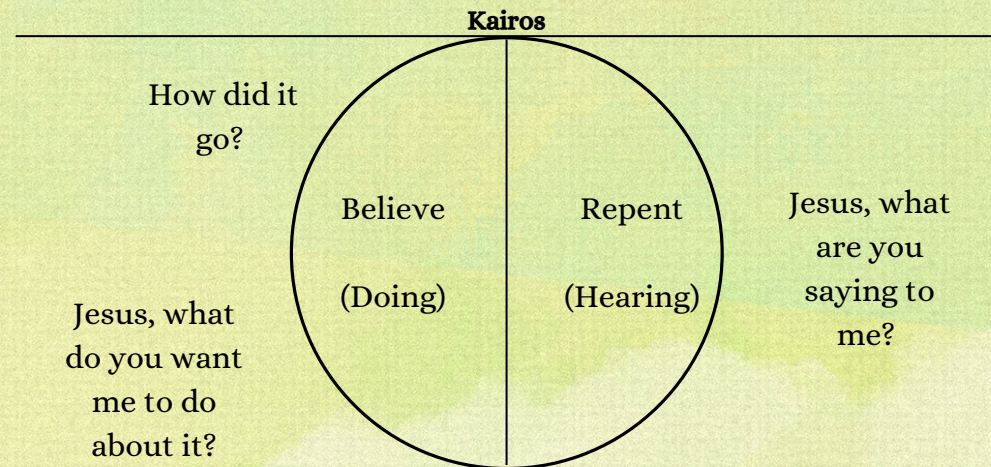
The Learning Circle

Mark 1:15



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Oratio (prayer):

What do I say to God in response to his word?

- Share with God what is on your heart, like you would a friend.

Contemplatio (contemplation):

What conversion of heart is God asking of me?

- Sit with the word and rest in God.
- Acknowledge Jesus' guiding presence with you.
- Consider how you might respond to what God has said.

Concluding Prayer (of your choice)

Share with an accountability friend what God has said and how you plan to respond. Invite them to check in on you.

Repent:

Recognize and acknowledge the moments where you missed the mark today. Seek and receive God's forgiveness, knowing He has already offered it through Christ. Seek the forgiveness of others where necessary and work towards reconciliation where possible. Forgive those who have wounded you today.

Resolve:

Pray for a greater awareness of God's presence in your life tomorrow. Resolve to grow in your intentionality regarding your relationship with God and ask God to guide you in the day ahead.

Reflect:

Considering your daily examen as a whole...
What is God saying to you?
What will you do about it?
Who will hold you accountable?

Engaging with the Learning Circle:

- Observe the kairos.
 - What grabbed your attention today?
 - What has God been speaking to you through his word (Lectio Divina)?
- Reflect-
 - What might God be communicating to you? (Daily Examen)
- Discuss-
 - Invite Jesus-following, trusted friends to listen to God with/for you and help you clarify the message.
- Plan-
 - How will you respond to what God said to you?
- Accountability-
 - Who will pray for you, encourage you, support you, and check in on your progress in order to lovingly hold you accountable?

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