



① **PREPARATION**

Expect God to speak to you directly through this reading from Scripture. Notice any phrases or words that feel meaningful.

② **READING**

Read the passage slowly a few times.

③ **MEDITATION AND CONVERSATION**

Ponder and meditate on the words that seem to be addressing your life directly. Talk to God about what you are seeing. Ask God to respond, remembering that silence is often God's preferred language. Speak to God until you feel you have said everything there is to say.

④ **RECEPTIVE SILENCE**

Rest in God's gentle and loving embrace. Allow God to hold you and love you. Sit in receptive silence, consenting to God's love and action in you.

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