

## Oremus: Week 3 Lectio Divina

### Sts Anne and Joachim Catholic Church

*Read slowly, meditatively through each Scripture passage, once a day*

*Read the passage once to become familiar with the text*

*Slowly read the passage a second time*

*Very, very slowly read the passage a third time*

*Pay attention to which word, words, or phrases captures your attention or tugs at your heart.*

*Talk to God about what is on your heart...and listen.*

Day 1: Luke 12:22-32

Day 2: Psalm 27

Day 3: Psalm 23

Day 4: John 4:7-19

Day 5: Wisdom 11:21-26

Day 6: Deuteronomy 7:6-8

Day 7: Revisit the prayer that was the most meaningful this past week.

For each day, journal the following responses

- 1) The "strongest" thought or feeling during my prayer was...
- 2) My heart "rested" when...
- 3) I sense the Lord was telling me...
- 4) I ended the prayer wanting...