

## Praying with Scripture

### 1) Reading

Take a moment to center yourself and to open yourself to the presence of God. You may want to light a candle, take a few deep breaths, or listen to prayerful music as a way to slow down and be present with God.

Read through the scripture passage slowly several times, silently or out loud, listening for the word that the Holy Spirit is drawing you towards today.

### 2) Meditation

Read the passage until you come to a word, phrase or image that shimmers for you, hooking your attention. Stop to re-read and savor the phrase, letting it repeat itself and sink in. If the passage is a story or poetry, you may find yourself drawn into the action or images. Let your thoughts, senses, and imagination be part of the meditation.

You may want to jot down the words or phrases that emerge during this time of meditation.

### 3) Personal prayer

Listen for the ways the passage connects with your life, and the invitations it offers. You may be prompted to give thanks or make a confession, to respond to an invitation or a challenge, to pour out your heart to God, or to intercede for others.

Respond to God in prayer – silently, aloud, or by writing.

### 4) Contemplation

Rest in God's presence, allowing yourself to be held by God, taking delight in God, and trusting the Spirit to pray within you.

Don't rush to write it all down, but as your contemplation draws to a close, you may want to record the word that you savored and the main elements of your prayer.