

ambient prayer 2

settle
descent
meditation
silence
ascent

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Lectio divina

This is a meditation on a passage of scripture that is in four stages as follows:

Read the passage slowly several times, letting your awareness rest on each word. Listen for the still small voice of God. Be aware of any word or phrase that catches your attention.

Meditate on the word or phrase that caught your attention. Notice any connections, emotions or memories the word may stir up.

Speak asking God why this word caught your attention. What is God trying to tell you? Dialogue with God about what you're sensing.

Contemplate resting in God's presence.

Collect

Lay your weary head on me
I'll break you off a bit of peace
I'll be air that you can breathe

(From Hymn by Daudi Matsiko)



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