

Restful Consideration of Mary's Story: Lectio Divina



Matthew 1:18-25

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Reading of Matthew 1:18-25
What word or phrase is calling to you?



Two minutes of silence.
Rest with the word or phrase that called.



Share the word or phrase without any amplification.



Rereading of Matthew 1:18-25

Put yourself in the story. What are you experiencing?
Feeling? Seeing? Hearing? Sensing? Smelling?



Two minutes of silence.
Stay with the experience. Let it continue to develop.



Using three to ten words tell the person next to you what you experienced. Keep it very short.



Third reading of Matthew 1:18-25

Listen for how the Spirit may be speaking to you through this story.



Two minutes of silence.
Continue to listen to what the Spirit is saying to you.



Pray in response to what you have heard.
Pray silently or out loud.



The Great Silence.

Restful contemplation for ten minutes.



Amen.

