

1) Place yourself in the Presence of God.

2) LECTIO (READ) – WRITE

- Read the selection slowly & attentively.
- Gather the facts. Details are important!
- Is there a word, phrase, or verse that sticks out to you?
- Write it down.

3) MEDITATIO (MEDITATE) – REFLECT

- Reflect on the passage; ponder it in your heart.
- Ask questions about the wording or the details.
- Imagine it in your mind – place yourself in their shoes.
- Ask Jesus questions such as ‘Why did this strike me? What are you trying to tell me here? What does this detail mean? Etc.’
- Consider how you feel, what you’re thinking, and what you desire. Note how you respond to Jesus.

4) ORATIO (PRAY) – APPLY

- Talk to Jesus about the Meditatio/Reflect section.
- Tell Him your thoughts, feelings, desires, joys, fears.
- Ask ‘What am I supposed to do with all of this?’
- Consider how to apply the reflection to your own life.
- What concrete things can I do?
- Once you have an idea of what to do (whether it’s actions, prayers, etc.) then resolve to do that and ask Jesus for the grace.

5) CONTEMPLATIO (CONTEMPLATION) – PRAISE

- Let God take the lead.
- Rest in Him, not worrying about the previous steps.
- Enjoy the Lord’s Presence. Love Him with all your heart. Let yourself be loved by Him. Receive His grace to strengthen you.

6) Offer a short closing prayer, such as the Our Father, Glory Be, Hail Mary, or another prayer of trust.

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