



## PLANTING THE WORD IN YOUR HEART

1. Clear the ground! Make sure you're not harboring sin. Confess and repent, if need be.
2. Prepare the soil: focus on the Word and pray; prepare to receive it with meekness.
3. Gather the seed: Choose a small portion of Scripture to "implant" in your heart.
4. Plant the seed with the help of *lectio divina*.
5. Let it take root and grow: put what you have learned into action!

### *Lectio Divina* (the divine reading)

- Read:** Read the passage slowly several times.
- Reflect:** "Chew on" what you've read, ask God to speak to you. What stands out to you? Ponder the Word in your heart.
- Respond:** Bring the Word into contact with your life, respond to what you find. Talk to God about it and Resolve to act.
- Rest:** Contemplate; rest in His loving presence.

Keep a journal using this simple format:

Date \_\_\_\_\_ Scripture \_\_\_\_\_

What does it say?

What does it say to me?

My response to God: