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Audy's Favorite Bible Verse

“...for we do not know how to pray as we ought, but the Holy Spirit intercedes for us with sighs too deep for words...”

Romans 8:26

Step Three

Made a decision to turn our
will and our lives
over to the care
of God
as we understood him.

Care

noun

1. the provision of what is necessary for the health, welfare, maintenance, and protection of someone or something.

The Third Step Prayer

“God, I offer myself to Thee---to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of Life. May I do Thy will always!”

from *Alcoholics Anonymous*, p.63

Guidelines for Scholastic Lectio Divina

Step One:

READ

I will read, and ask you to listen with the “ear of their heart.” What phrase, sentence or even one word stands out to you?

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Step Two:

As I read, listen to the passage and

REFLECT

Be aware of what touches you, a thought or reflection that is meaningful.

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Step Three:

Listen to the passage again and

RESPOND

spontaneously. Be aware of any prayer that rises up within you that expresses the experience.

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Step Four:

Listen to the passage a final time.

REST

in the word, reflect or pray and
allow God to speak in the silence.

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To Extend the Practice:

After the resting, take the phrase, sentence, or word into your daily activity. Listen to it, reflect on it, pray over it, and rest in it as time allows during the day.

Allow it to become part of you.

Thomas Merton's Prayer

“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing...”

From Thoughts in Solitude