

Lectio Divina

There are many variations of sacred reading; all are an invitation to take a “long, loving look” at some aspect of life, with scripture, poetry, music, or nature.

With the **first reading** of the Hymn, listen with your heart’s ear for a phrase or word that stands out or shimmers for you, you pause on while reading it.

During the **second reading**, reflect on what touches you, perhaps speaking that response aloud or writing in a journal.

After reading the **passage a third time**, respond with a prayer or expression of what you have experienced and ask yourself what this passage calls you to do or be.

Finally, after a **fourth reading**, rest in silence, and imagine the hymn being sung in the deepest part of your heart.