

Praying through the week 17th April 2023
Prayerfully Reflecting using Lectio Divina



“Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no-one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength.” Isaiah 40:28-31

Using the following as a guide, prepare to enter into a quiet time with God, opening your heart... inviting Him to speak to you through His Word...

- *Lectio*...Read the passage through slowly...what words or phrases stand out for you?
- *Meditatio*...Reflect ...re-read, ponder...savour the words, phrases...
- *Oratio*...continue to ponder on His Word...Listen...Respond...is there an invitation, perhaps...?
- *Contemplatio*...Rest silently with God, simply “be” with Him...

As you leave this space, God is with you...can you allow His Word to sustain you, today and always..? *Rachel Cheffy*

Praying through the week 17th April 2023
Prayerfully Reflecting using Lectio Divina



“Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no-one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength.” Isaiah 40:28-31

Using the following as a guide, prepare to enter into a quiet time with God, opening your heart... inviting Him to speak to you through His Word...

- *Lectio*...Read the passage through slowly...what words or phrases stand out for you?
- *Meditatio*...Reflect ...re-read, ponder...savour the words, phrases...
- *Oratio*...continue to ponder on His Word...Listen...Respond...is there an invitation, perhaps...?
- *Contemplatio*...Rest silently with God, simply “be” with Him...

As you leave this space, God is with you...can you allow His Word to sustain you, today and always..? *Rachel Cheffy*