**Lectio**
**Read**
Read several times, be attentive to detail
Note verses or phrases that stand out to you
Work to understand meaning and background

**Journal Starters:**
- In this passage...
- My favorite verse was...
- I noticed...

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**Meditatio**
**Meditate**
Think about the reading and connect to your life
Imagine being present to hear the passage or witness the story

**Journal Starters:**
- This reminds me of...
- If I were there...
- I can connect this story to...

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**Oratio**
**Pray**
Dialogue with God in prayer about the passage
Thank God for His Word
Ask Him to lead you into deeper understanding

**Journal Starters:**
- Dear Jesus...
- Thank you God for...
- Please help me understand...

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**Contemplatio**
**Contemplate**
Quiet expression of love between you and God
Note what God is trying to teach you through the passage and time of prayer

**Journal Starters:**
- I think Jesus is teaching me...
- Lord, I love you for...
- I believe...