

Easter Week *Lectio Divina* Plan

Monday — Matthew 28:8-15

Tuesday — John 20:11-18

Wednesday — Luke: 24:13-35

Thursday — Luke: 24:35-48

Friday — John 21:1-14

Lectio Divina Guidelines

- Spend 5-10 minutes settling down.
- Notice your cares and concerns. Jot down a few feeling words.
- Invite God to approach you. Notice His presence, and enter into it.
- Read the daily Scripture passage slowly several times.
- Highlight words or phrases that stand out to you.
- Notice what rises in your heart: thoughts, emotions, memories, hopes, fears, or dreams. Offer them to God.
- Listen for His response, through Scripture or a stirring in your heart.
- At the conclusion of your prayer time, thank God for this time together. Journal your experience, if you so desire.