

COME HOLY SPIRIT,
fill the hearts of your faithful and
kindle in them the fire
of your love.
AMEN.

LECTIO | READING

Who wrote the passage and to whom did he write?

Where and when does it take place?

What's the message?

MEDITATIO | MEDITATION

What personal message does the text have for me?

What is God telling me here?

ORATIO | SAY

What do I say to the Lord in response to His word?

How do I ask for His help?

For what can I thank Him today?

CONTEMPLATIO | COMTEMPLATION

How has God showed me He loves me in today's Scripture?

Where do I see the beauty of His gifts and the goodness of His mercy?

ACTIO | ACT

What does God want me to do today?

How will I give to others today?

How will I treat myself with kindness?

