



# Lectio Divina Worksheet | Phroneo Bible Meditation

Date

**LECTIO**

Write the verse.

**MEDITATIO**

What struck you in this passage? How does it apply to you? How do you feel? What is God asking of you?

**ORATIO**

Write a prayer, flowing from your reading and meditation.

**CONTEMPLATIO**

Rest a while in God's presence.

**INCARNATIO**

How do you respond to this passage? What have you learnt? What can you put into practice?