

John 6:35-40

“I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. But as I told you, you have seen me and still you do not believe. All those the Father gives me will come to me, and whoever comes to me I will never drive away. For I have come down from heaven not to do my will but to do the will of him who sent me. And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

What is a word or phrase(s) that the holy spirit is putting on your heart? (In silence meditate on that)

What are you saying to me Lord? (Why are you putting this on my heart?)

What do you want of me Lord?

John 15:11-17

These things I have spoken to you so that My joy may be in you, and that your joy may be made full. This is My commandment, that you love one another, just as I have loved you. Greater love has no one than this, that a person will lay down his life for his friends. You are My friends if you do what I command you. No longer do I call you slaves, for the slave does not know what his master is doing; but I have called you friends, because all things that I have heard from My Father I have made known to you. You did not choose Me but I chose you, and appointed you that you would go and bear fruit, and that your fruit would remain, so that whatever you ask of the Father in My name He may give to you. This I command you, that you love one another.”

What is a word or phrase(s) that the holy spirit is putting on your heart? (In silence meditate on that)

What are you saying to me Lord? (Why are you putting this on my heart?)

What do you want of me Lord?

Step 1: Say a prayer to the Holy Spirit asking for help and guidance.

Step 2: Read the passage slowly several times. *Lectio*

Step 3: Underline what stands out to you. What is this really saying? Think about the deeper meaning. Chew on it. *Meditatio*

Step 4: Pray and ask God what is he trying to say to you? How does this apply to you? *Oratio*

Step 5: Listen. Be open. Rest in that. *Contemplatio*