

EXAMEN AND LECTIO DIVINA

1. List two concerns in your life right now:
 - a.
 - b.
2. List two joys in your life right now:
 - a.
 - b.
3. List two lessons God is wanting you to learn:
 - a.
 - b.
4. List two ways you are responding to these lessons (attitudes, feelings, actions):
 - a.
 - b.
5. Listen to the Scripture and write a word, phrase, or impression that jumps out at you.
6. How does this message from the Holy Spirit speak to you about your life right now?
7. Write a prayer to God in response to His message for you.
8. What do you think will happen if you trust this message?