



## *ORATIO - pray (10-15 minutes)*

- Ask, "God, why did you give me this word? Why do I feel this way about this phrase?"
- Listen for a response. Follow your active thoughts (not your distraction thoughts)
- Be patient.

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## *CONTEMPLATIO - Live (5-10 minutes)*

- Rest in the love and presence of God, feel his closeness
- Thank God for this word.

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*Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive those who sin against us.  
Save us from the time of trial and deliver us from evil.  
For the kingdom, the power, and the glory are yours  
now and for ever. Amen.*