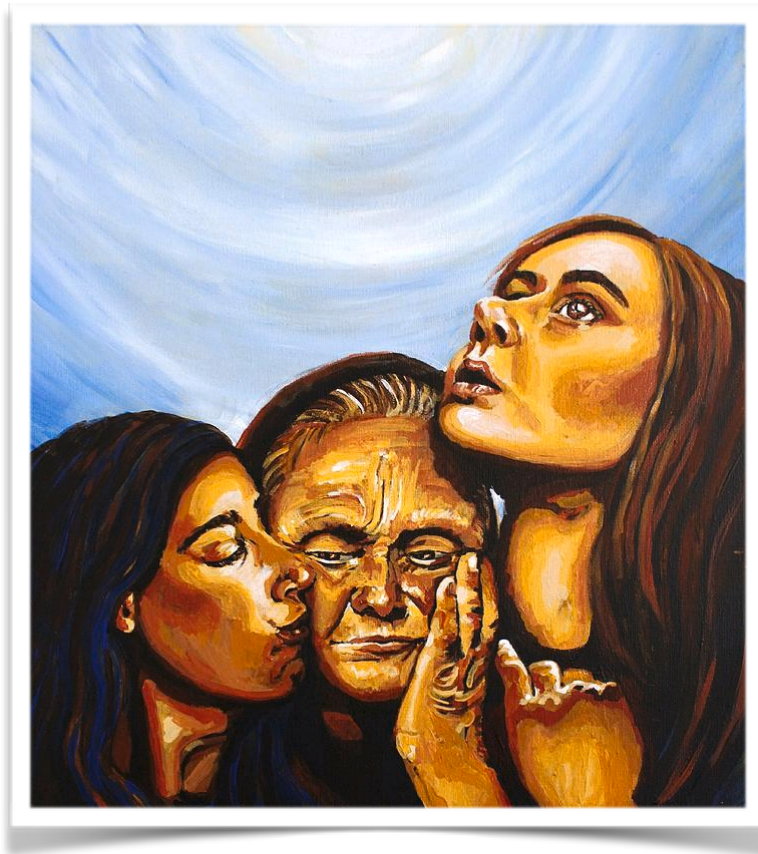


Week 8 - When life doesn't turn out how we wanted it



Ruth Chapter 1

1. **Read (lectio)**- The passage will be read out loud. Listen for a word or phrase that speaks to you.

Followed by a time of silence

2. **Reflect (meditatio)**- Each person reads the passage silently to themselves. Consider and reflect on the word or phrase that stood out. Repeat it to yourself and allow it to speak to you, to interact with feelings, images, thoughts and memories that come to you during this time.

How does what you have heard connect to what is happening in your life?

After a period of Silence

Share and reflect with those around you for a short time, being aware of the similarities and differences in what you have heard

3. **Respond (oratio)**- Take any thoughts, feelings, actions, fears, convictions, and questions you have meditated on and offer them to the Lord in prayer. Pray together, out loud or individually

4. **Rest (Contemplatio)**- take time to rest in God, just be with him in a time of silence.