**Simple Lectio**

• Becoming quiet and receptive

Breath prayer, closing with the following

Lord, we want to prepare well for this time.

We want to make our whole selves ready and attentive

and available to you.

Help us to purify and clarify our intentions.

We have so many contradictory desires.

We get preoccupied with things that don’t matter or last.

Yet we trust that if we give you our hearts,

what we do will follow our new hearts.

In all that we are today, all that we try to do,

all our encounters, reflections—even the frustrations and failings—

and especially in this time of prayer,

we place our lives in your hands.

Lord, we are yours. Make of us what you will. Amen.

Read the text.

Brief review of overall process; note to listen to the person to your right so that you can pray for them. Use a talking piece.

1. 1st reading: listen for word or phrase; repeat, meditate, chew on it; share it

2. 2nd reading: listen this time for what God is saying to you today; share it

3. 3rd reading: listen for God’s invitation to you today, share it

4. Pray around the circle, aloud if possible; close with “Amen” so that the next person to pray knows it’s their turn