

L

listen...

Pope Francis called Mary the “mother of listening” because she is available and attentive to God. I **listen** by opening my heart to receive the word of God: Come Holy Spirit. The word that I hear and read today is a gift from Him in answer to my prayers. I read the passage slowly. I savor each word as I write it down, possibly emphasizing each word in turn.

O

observe...

Remembering that I am in the presence of the Holy Spirit, I **observe** the events of my life with Him. Where does this passage speak to the circumstances, relationships, habits, concerns, and problems of the past day? To what word, phrase, or idea is my attention drawn? How is the Holy Spirit guiding and encouraging me today through this passage?

V

verbalize...

As I linger with the Holy Spirit over all that has surfaced in my heart and mind through His word, I **verbalize** what I think He is saying to me. I talk to Him freely about my thoughts and feelings. I write it all down as best as I understand it and ask Him to confirm or deny what I believe He is saying. I will watch to see how He answers by surveying the events of this day and week.

E

entrust...

Once I have decided on some action with His help and in His presence, I am often overwhelmed by the tenderness, patience, mercy, forgiveness, and generosity of God. I resist words now. As I remain silent and simply rest in Him, I **entrust** Him with every outcome.



