

Letter Writing

1 Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

Ps 62:8
Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us.
Ps 62:8

2 Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

3 Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

4 If you are using a color-coding system to mark your Bible, use Brown to mark this passage. *Green = Prayer.*

Principles for Hearing:

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| 1) God is my Father | 1 Jn 3:1 |
| 2) My Father has a plan for my life | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21 |

Lectio Divina

Lectio	to read
Mediatio	to meditate
Oratio	to pray/speak
Contemplatio	to contemplate

Reflection

As you read *Ps 62:8* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

Father John Powell S.J. teaches that there are Seven Levels of Intimacy:

- 1) Cliches
- 2) Facts
- 3) Opinions
- 4) Hopes and Dreams
- 5) Feelings
- 6) Fears, Faults and Failures
- 7) Legitimate Needs

When we journal, we want to express as much intimacy as possible to the Lord.

Write a letter to the Lord regarding what is on your heart. To whom would you address the letter?

Now allow the Lord to address you and write a letter to you. To whom does He address His letter and how does He sign it?