






Quick Reference Guide for Discovery Prayer*

<p>Reading seeks.</p>		<p>Reading: An attentive, slow, leisurely, and repetitious reading of a short passage of the Bible.</p>	<p>Key Question: What does the Bible text say in itself? What did the author intend? What does the Church teach about this subject?</p>
<p>Reflection finds.</p>		<p>Reflecting: Prayerfully engaging with the meaning of the passage and considering how it may apply to your life circumstances.</p>	<p>Key Question: What does this text say to me? How does it apply to my life? Where is God leading me? What is he revealing to me?</p>
<p>Responding engages.</p>		<p>Responding: Conversing with God about the passage.</p>	<p>Key Question: What can I say in response to God? Should I offer thanksgiving or praise, or should I ask for his help in any particular way?</p>
<p>Resting tastes.</p>		<p>Resting: Allowing yourself to rest and remain absorbed in the words of God, allowing or inviting the Holy Spirit to draw you more deeply into his presence through what you've read.</p>	<p>Key Question: Am I being patient, attentive, and open to God's movement in my soul as I rest in his self-revelation?</p>
<p>Encounter leads to resolution.</p>		<p>Resolving: Allowing the encounter with God to permeate your day, causing you to draw ever nearer to him through his self-revelation and invitation to participate with him in making his presence known in the world.</p>	<p>Key Question: What can I specifically do to respond to what God has revealed to me in this passage? How can I carry this encounter with me into the day to influence how I think and act?</p>



Write down your resolutions and conclude with a prayer of thanksgiving.

*From Dan Burke's book *Into The Deep*