



Monday Praying with the Scriptures

John 1:1-5 New International Version (NIV)

1 In the beginning was the Word, and the Word was with God, and the Word was God. ² He was with God in the beginning. ³ Through him all things were made; without him nothing was made that has been made. ⁴ In him was life, and that life was the light of all mankind. ⁵ The light shines in the darkness, and the darkness has not overcome it.

Today's prayer experience has four main steps:

Read: Read the passage slowly and gently several times. There is no need to rush.

Reflect: When a particular word or phrase stands out for you, stay with it. Pause with it. Repeat it to yourself, relish it and let it soak into you. What does the word or phrase say in the passage and what does it say to you?

Respond: What is your response to God? Have a prayerful conversation with God about what has drawn your attention. Ask Him any questions that come to mind.

Rest: Stay in silence and rest awhile in God's loving presence.