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Lectio Divina
A method for praying with Scripture

Matthew 14:22-33 – “The Courage of Faith”

1. Read (first reading)

Listen to God’s word. Don’t try to grasp at it or think about it. Just let it wash over you and rest in your awareness. What is going on? What is the general mood?

2. Reflect (second reading)

Listen for a word or phrase that is catching your attention. What is standing out to you? Why this word or phrase? How is it intersecting with your life? What emotions, dreams or hopes is it stirring, or touching in you?

3. Respond (third reading)

Listen. Begin to dialogue with God over what you are feeling and thinking. There is no right or wrong way to do this. The important thing is simply to respond truthfully and authentically. Where might you feel moved to draw closer to God and where might you sense resistance toward God? Have an open conversation with God.

4. Rest (fourth reading)

Listen. After your conversation with God, rest safely in God’s presence knowing you are loved with all that is true about you and your life right now. God is always for you and never against you.

5. Realize

Listen. What might God be inviting you to? How might you incarnate, or embody, God’s word for you?

For Further Reflection:

1. What are you afraid of?
2. Is there a “boat” you need to courage to step out of?
3. What do you need Jesus to say to you?