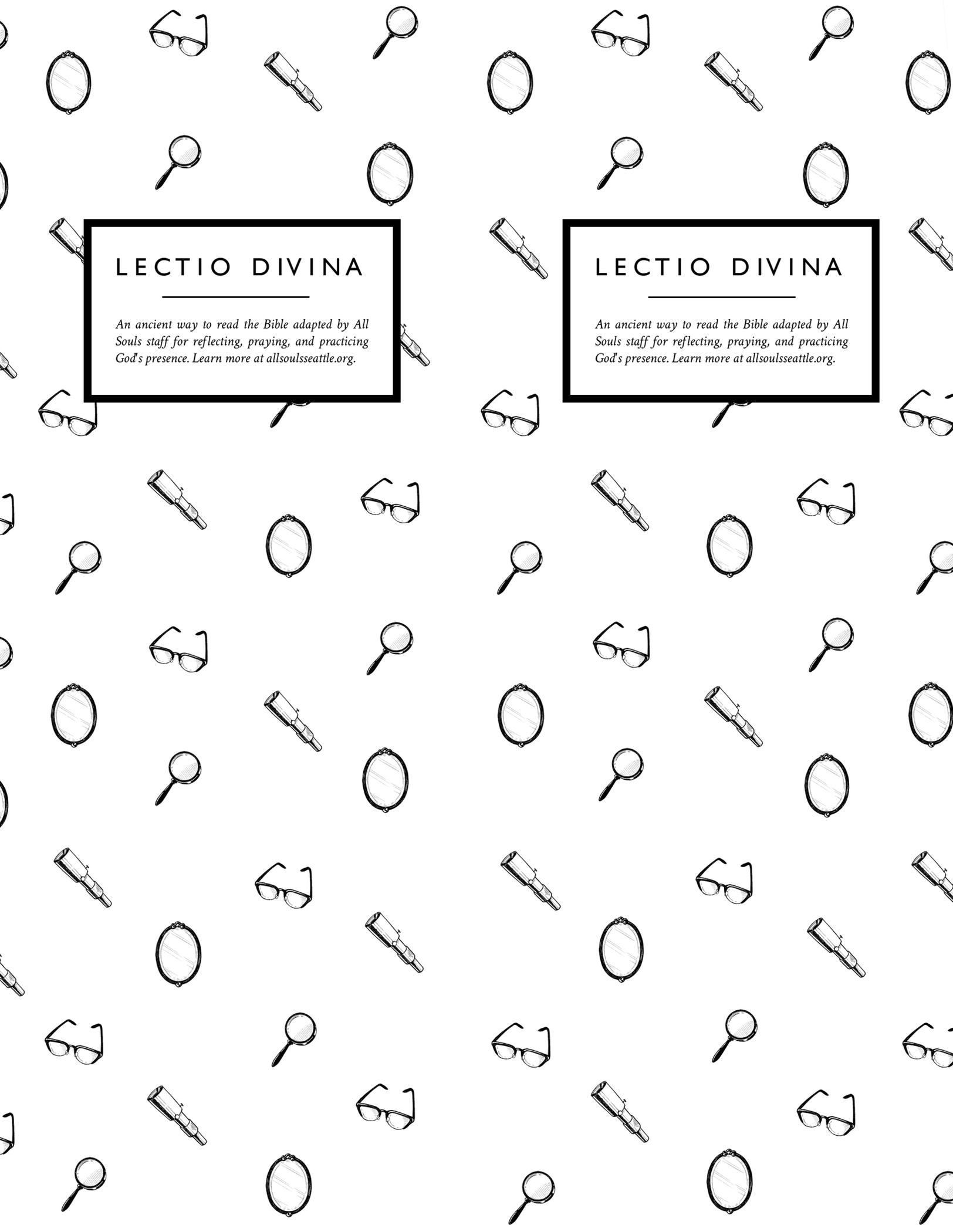


# LECTIO DIVINA

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*An ancient way to read the Bible adapted by All Souls staff for reflecting, praying, and practicing God's presence. Learn more at [allsoulsseattle.org](http://allsoulsseattle.org).*



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*Step 1: Read a Bible chapter or passage and listen for a word that jumps out to you. If you are in a group, you can take turns saying aloud the word or phrase that jumps out to you.*

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*Step 3: Read the passage again and this time listen for what God is showing you about yourself as you read this passage. Reflect on your relationship with God, other people, your work.*

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## TELESCOPE



*Step 4: Read the passage again and this time listen for how life will be when God brings an end to all evil. How you can pray for your family, parents, friends, community, city, the world?*

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