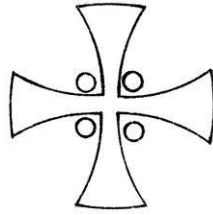


## Scripture Passages for Meditation



You may wish to meditate on the Sunday Gospel, the daily office readings or one of the passages listed below.

Set aside a quiet time and place.

Light a candle or bring something into the space that reminds you of the presence of Jesus.

Ask for the Spirit to guide you as you read.

Read the passage slowly until something speaks to you, stay with that word or phrase and hold it in prayer.

Allow your mind and heart to meditate on this with God,  
that God might reveal what you need to hear.

At the end of your meditation, whether it felt ‘successful’ or not,  
give thanks.

Meditate on scripture again soon.

## **A few Scripture Passages**

John 8:31 – The truth will set you free

John 15:15-17 – Love one another

Matthew 11:28-30 – Take my yoke upon you

Matthew 9:10-13 – I desire mercy

Leviticus 19:2 – Holiness

Psalm 139: 1-18- You have searched me and known me

John 1:35-42- Come and See

Mat 14:22-33- Step out of the boat

John 10:1-21- The Good Shepherd

John 13:1-20- Washing feet

## **Particular calls throughout Scripture**

Gen 12:1-9: The Call of Abram

Ex 3:1-12: Moses and the Burning Bush

1 Sam 3:1-10: Samuel Learns to Listen

1 Kg 19:9-15: Elijah in the Cave

Jer 1:4-19: Jeremiah's call

Jon 1:17: Jonah runs away

Lk 1:5-25: The Response of Zechariah

Lk 1:26-38: Mary & Gabriel

Lk 5:1-11 or Mat 4:18-22- Call of the first disciples

Mat 19:16-30- the Rich young man

Lk 10:1-12, 17-20- Mission of the 70

Acts 9:1-22 Conversion of St. Paul