

## WAITING FOR THE LORD

I wait for the Lord, my soul waits,  
and in his word I hope;  
my soul waits for the Lord  
more than those who watch for the morning,  
more than those who watch for the morning.

Psalm 130: 5 - 6

### **Read** [read passage twice]

Silence 3-5 minutes\* - silently repeat a word or phrase that interests you...

Sharing aloud (if in group): Simply share the word or phrase that spoke to you. No elaboration.

### **Reflect** [read once]

Silence 3-5 minutes - reflecting on "Where does this touch my life?"

Sharing aloud: "I hear, I see, I was struck by..."

### **Respond** [read once]

Silence 3-5 minutes - reflecting on "How is God calling me to Respond?"

Sharing aloud: Briefly pray - spontaneously expressing your response to God's call.

### **Rest** [read once]

Rest in God's grace, in silence 2-3 minutes

\*The time allotted for each period of silence can vary.