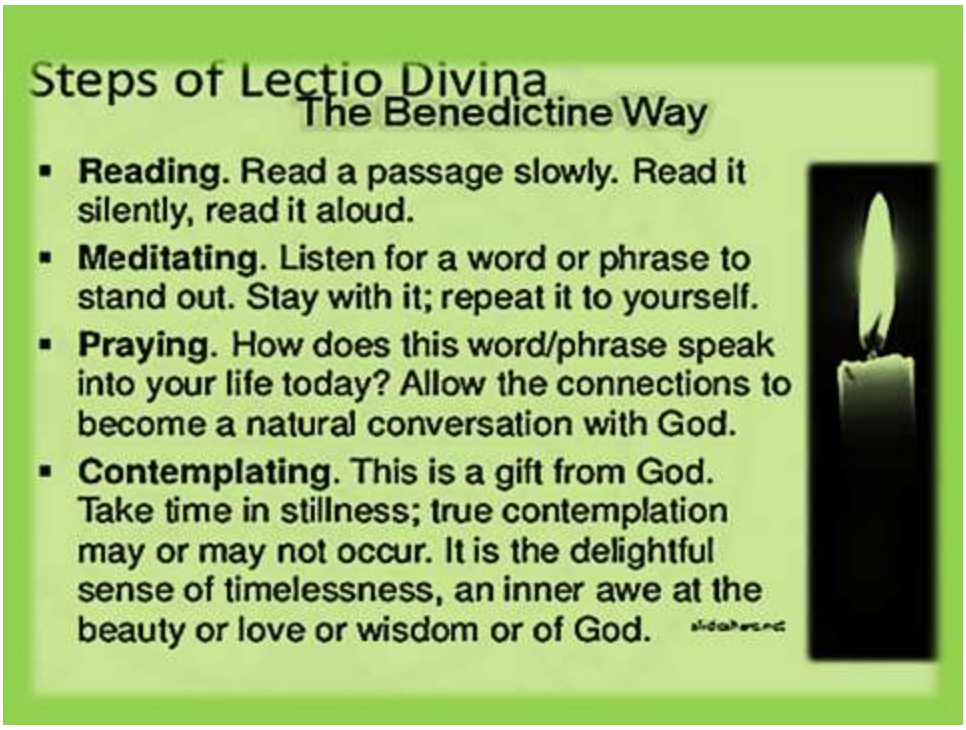


Always know that God looks at you with a gentle look, and you should also look at yourself this same way.

You start by reading first out loud, then silently, meditating on what captured you in the reading. Sometimes, a word you do not know may be the one that stands out to you. Get a dictionary and look it up. Then, as you pray about it with our Lord, talk with Him about what He may be trying to show and teach you.

Are you living the words you read?

As you contemplate during this prayer time, rest in God's abundant mercy and love. You may feel God's presence and closeness, or you may not. Sometimes, God may seem distant or silent. Simply remain with Him.

Lastly, make a **Resolution**—something small that you can immediately implement in your day.