

Sabbath Meditation

SLATE

A Lectio Divina journal for listening before writing

Ten pages: a worked entry, seven dated journal pages with typeable note fields, and a weekly review. No signup.

INSIDE THIS PDF

- Seven dated entries, one passage each
- Lectio, meditatio, oratio, contemplatio, actio rails
- A worked entry from John 15 to read first
- Typeable note fields — or print and write by hand

Scripture · honest attention · prayer · response

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What belongs in a Lectio Divina journal

Begin with the date, passage, and enough context to remember what you read. Under lectio, copy the word or phrase that held your attention. Under meditatio, write what you notice in the passage and why it may be touching your present life. Under oratio, answer God directly in ordinary language. Under contemplatio, record only what helps you reenter silence—a word, posture, or brief sentence. Finish with one response rather than a list of spiritual ambitions.

The journal is not a transcript of everything that passes through your mind. It is a light structure for returning. Leave space blank when you do not know what to write. A quiet reading with one honest sentence can be more faithful than a page of polished reflections. Keep Scripture visually primary so the journal does not become a conversation only with yourself.

- Copy the passage reference before recording a personal response.
- Distinguish what the text says from what it stirs in you.
- Treat sharing and disclosure as optional, even in a group.
- End with one response you can actually carry.

Write only what supports attention. Blank space is welcome, and completion is not the goal.

NOTICE

PRAY

YOUR ENTRY

TYPE HERE OR PRINT AND WRITE

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Listen

NOTICE

What changes as Samuel learns to recognize and answer?

PRAY

Ask for a listening posture without forcing a private message.

YOUR ENTRY

TYPE HERE OR PRINT AND WRITE

CARRY

“Speak, for your servant hears.”

Receive mercy

NOTICE

Which movement of the father holds your attention?

PRAY

Bring home the part of you that expects only a hired place.

YOUR ENTRY

TYPE HERE OR PRINT AND WRITE

CARRY

"While he was still far off."

NOTICE

PRAY

YOUR ENTRY

TYPE HERE OR PRINT AND WRITE

CARRY

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Release the burden

NOTICE

How does Jesus describe his own heart and yoke?

PRAY

Name the weight without pretending it has already lifted.

YOUR ENTRY

TYPE HERE OR PRINT AND WRITE

CARRY

“Learn from me.”

Receive peace

NOTICE

How is the peace Jesus gives described by contrast?

PRAY

Ask for courage within the trouble you actually face.

YOUR ENTRY

TYPE HERE OR PRINT AND WRITE

CARRY

“My peace I give to you.”

NOTICE Where does hearing need to become response?

PRAY Ask for one faithful action small enough to practice today.

TYPE HERE OR PRINT AND WRITE

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Review without grading the week

Do not grade the week by word count, consecutive days, or emotional intensity. If the journal helped you stay with Scripture, keep the structure. If writing dominated the practice, reduce each entry to four lines. If the passages felt disconnected, spend a second week within one Gospel chapter or psalm. The journal should become easier to use as it becomes more honest.

Which passage or phrase returned during ordinary life?

What honest prayer or question still needs room?

What one response will you carry into next week?
