

## **SPIRITUAL TASK — WHAT IS THE LORD TRYING TO TELL YOU?**

Try keeping a journal as you read the Lord's Word. What passages strike you as especially beautiful or comforting or helpful in your life? Write these in your journal. You may also wish to write some of your reflections about these passages and why you chose to write them down.

The Lord is speaking to us in His Word, guiding us in our lives and answering our sincere questions. If at first we don't understand His answer, He tries to help us see it in other parts of the Word.

But anyone who reads the Word with the intention of being wise, that is, of doing good and understanding truth, gains instruction according to his intention and affection. In fact without his knowing it the Lord flows in and enlightens the mind, and when he cannot grasp what is said in one place in the Word the Lord imparts to him understanding from others (*Arcana Coelestia* 3436).

After keeping a journal for several days or weeks, review your entries to see if you can discover what parts of the Word are currently speaking to your heart and mind. What is the Lord trying to tell you?