

### Step 3: How to Reflect & Pray in the Light of the Message and Scripture Reading

**Our Lady's instruction to Jelena:**  
(Holy Thursday, 1984)

***"I am going to reveal a spiritual secret to you:***

***if you want to be stronger than evil then you must have an active conscience. To do this you must give reasonable time for prayer each morning and read a passage from Holy Scripture. Implant the Divine Word in your heart and live it during the day, particularly in moments of trial. By the end of the day you will see the fruits of this, and in this way you will become stronger all the time."***

Following a Monastic practice, step 3 should be conducted as follows:

a.)	Lectio	reading the text slowly, or several times
b.)	Meditatio	mental reflection on the meaning of the words and on the message contained in the text
c.)	Oratio	prayer: spontaneous prayer expressing our response to God's word in praise, repentance or petition
d.)	Contemplatio	'prayer of the heart,' focusing our attention on a key word or the central message, (like a 'mantra') to stay with us for the rest of the day