

PRAYER

Lectio Divina Prayer Guide through Psalm 19:7-11:

Description: Lectio Divina means “Divine Reading” in Latin and it’s an ancient practice of slowing down and not just reading scripture, but engaging it, listening to it and responding to it. It involves reading not just for information, but transformation.

- There are four movements: 1) Read (Lectio) 2) Reflect (Meditatio) 3) Respond (Oratio) 4) Rest (Contemplatio). One person will guide the group through these four movements.
- After each reading there will be a time of guided silence to reflect.
- **Lectio:** First reading
 - Direction: *Hearing the word. Let it fall on your hearts as I read. What word or phrase stands out to you? What is God drawing your attention to?*
 - Read Psalm 23, slowly.
 - Silence (about 1 min)
 - Direction: *Take a moment to sit with your word or phrase, then share it with the group. Just the word or phrase. Don't try to understand it just yet.*
- **Meditatio:** Second reading
 - Direction: *Ponder the scripture. Engage your imagination. Imagine yourself in the passage. What emotions or memories are stirring up? Where does it touch your life today?*
 - Read Psalm 23 again, slowly.
 - Silence (about 1 min)
 - Direction: *Share the connections between the words and your life right now. I hear...I see... I feel... What is going on in my life that I need to hear this today?*
- **Oratio:** Third Reading
 - Direction: *Respond in prayer. This is when you talk to God about what He’s revealing to you.*
 - Read Psalm 23 again, slowly.
 - Silence (about 1 min)
 - Direction: *Take thoughts, feelings, fears, convictions, thanksgivings, and questions and offer them before the Lord. Simply tell God what you’re feeling like you would a good friend sitting next to you.*
- **Contemplatio:** Fourth Reading.
 - Direction: *Silence. This is your time to sit with God and everything He has shown you. In this next reading, imagine yourself living out what God has shown you. Incarnating this word today.*
 - Read Psalm 23 again, slowly
 - Direction: *Be silent in the presence of God. Let His word settle down in your heart. Just BE with Him now. Commit to living out this Word today.*

PRACTICE

How are you going to practice silence and solitude this week in the way that God revealed to you? Here are a few guidelines:

Choose a place with the least distractions and noise- this means putting any electronic devices away!

Choose a time and a rhythm- is it first thing in the morning, during your lunch break, right before bed? Remember to start small. Even 5 minutes can be enough to start with. Consider using the prayer prompt above to guide you. Or meditate on a short psalm or scripture passage.

Don't quit- Remember, this is not meant to be easy. Anything valuable in our lives takes discipline to maintain. Do not be surprised or discouraged by the distractions that enter your mind. When you become aware of them, simply draw your attention back to the presence of God and lay your anxious thoughts down.

Reflect- How did you encounter God in this time? How did you encounter yourself? Did you encounter any lies from the enemy? Consider writing these things down.

Share with a friend- We need others to help us on this journey. Who can you ask to check in on how it's going?

Recommended Resources: <https://www.practicingtheway.org/>

Download the Lectio 365 prayer app to help guide you

[Lectio 365 for families](#)

FOR THE PARENTS

Hey, families! Here's a look at what we're covering with your kids so you can help them continue to grow at home during the week.

THIS WEEK FOR PRESCHOOL - LUKE 6:31

This week we learned how to still be nice to people even when they are mean to us.

THE BIBLE: "Do to others as you want them to do to you." Luke 6:31

THE MESSAGE:

In today's true Bible story, there's a man named Isaac who has something taken away from him. The people yelled, "That's mine!" but it wasn't theirs. But Isaac wasn't mean back. He treated them the way Jesus would want him to treat them.

THE BIG IDEA: I can be nice when people are mean to me.

THIS WEEK FOR ELEMENTARY - 1 Corinthians 12

THE BIBLE: "Each of you has received a gift in order to serve others. You should use it faithfully." 1 Peter 4:10b

THE MESSAGE:

Today we learned that the Holy Spirit gives every Christian a spiritual gift. Even though you might not know yet what your spiritual gift is, if you love and follow Jesus, then you definitely have one! Every Christian has one!

THE BIG IDEA: The Holy Spirit gives us a spiritual gift, so we can help others grow close to God.

ASK THIS

Because sometimes you and your kid need a conversation-starter that isn't, "So . . . how was church?"

Do any of you think you know what your spiritual gift is?

How do you think your gift might be able to help other people in the church?