

Deepening Our Faith Journey

Week #2: September 20, 2015

This week's spiritual exercise: ***the meditative reading of Scripture, or "lectio divina"*** (divine word). Try this exercise as you read the daily lessons. It's a way, not to study the texts, but to let them take life in you, to become God's Word for you.

Bonhoeffer: "Just as you do not analyze the words of someone you love, but accept them as they are said to you, accept the word of Scripture and ponder it in your heart, as Mary did. That is all. That is meditation."

Suggestions for "lectio divina" (From "*Praying: Meeting God in Daily Life*", by Ron Klug)

Reading the Word

Be aware of particular words, phrases, sentences, images that attract you or "shine" for you; underline them, or write them down.

Pondering the Word

Stay with the word, phrase, image that shines for you.
Talk to God about it.
How does this connect to your life right now?

Praying the Word

Become aware of what God is telling you.
This can be an image, a feeling, an insight, a sense of direction, of God's presence.

Resting in the Word

Be silent for a while, and rest in God's presence.

Express to God what you have experienced and how you feel.

Living the Word

If the Word makes you want to do something, what is it?

This Week's Daily Readings

(To try "lectio divina" with these texts, you only want to focus on the portion that "shines" for you.)

Sunday, Genesis 18:1-15

Monday, Genesis 16:1-16

Tuesday, Genesis 17:1-27

Wednesday, Genesis 21:1-21

Thursday, Genesis 24:1-67

Friday, Genesis 25: 19-24

Saturday, Genesis 27:1-46

Feel free to print this guide and place it in or near your Bible.