

Basic Hour with God

<u>Time</u>	Lectio Divina is a personal time for you with God and the Word. It is different than an approach that is exegetical (meaning), didactic (teaching) or devotional (prescribed.) All of those approaches are helpful but this specific approach, practiced by Christians for centuries, helps you slow down and listen to what our personal God is saying today through His word. Practicing this regularly increases our attentiveness to God's voice. This is one of the goals of spiritual disciplines – increasing your attentiveness to God and His voice. So, while reading, constantly ask, what is God highlighting, pointing out or drawing my attention to? This is for YOUR growth and not for focusing on others. How is God speaking to YOU <i>about</i> YOU? <u>Lectio Divina</u> (meaning <i>Divine Reading</i>) is a spiritual discipline for hearing from the Living Word by the Spirit what God says to you fresh today. Here are the steps and how to do it. Minute estimates are on the left. Extension ideas are listed on the right and explained on page 2. This will feel slow.	<u>Extension Ideas</u>
5 2 6 8-10 4 4	<ul style="list-style-type: none"> - Silence Slow down with silence to prepare yourself to receive from God. - Read (<i>First Reading</i>) - Read the Bible passage slowly and carefully. - Meditate (<i>Second Reading</i>) - Notice a word/phrase, thinking deeply and consider it. - Pray (<i>Third Reading</i>) - Invite God to speak to you about this word/phrase... What do you want to say in return? What do you want to ask Him? Continue this back and forth - have a conversation with God. - Contemplate Resting in God's presence, the fact that He's in control and that foremost, He loves you. How is His love being communicated by what you've 'heard' and prayed from Scripture? - Application Transformation is the goal. How has what you've heard blessed you or shown you a new way to live? 	<p>Begin with 'Greeting Time'</p> <p>Begin with 'Transformation Prayer'</p> <p>Is there a word that sums up what you're hearing that you could embellish, draw or paint?</p>
<p>Psalm 62:1-2</p> <p>¹ I wait quietly before God, for my victory comes from him.</p> <p>² He alone is my rock and my salvation, my fortress where I will never be shaken.</p>		
15	<p><u>Journaling time</u>: For me (Steve) this is one of my hardest disciplines. But the benefits are GREAT. It helps you slow your pace so you can absorb and process what God is saying or doing. Go back above and write what you heard from God during "Meditate, Pray, Contemplate and Application" stages. Use the descriptions for help in writing.</p>	
15	<p><u>Resistance Journaling</u> – A simple tool to extend your awareness both of God and your own heart. I've given examples. These will progress, one leading to the next.</p> <ul style="list-style-type: none"> - What was any resistance in this reading that arose in you? (ie – I hate waiting) - The initial feelings of resistance are just that – initial. What might be <i>behind</i> that resistance. (ie, I hate waiting <u>because</u> I feel the need to keep getting things done.) - What might be behind that next thought? (ie – I feel the need to get things done <u>because</u> I sense God is watching/expecting things of me.) - This pattern can be repeated until you think you've arrived at a 'stopping point.' - Can you identify any 'untruth' in your thinking? - What does God say that might counteract that untruth you've discovered? - Is God inviting you to believe something new? - What is He affirming about you/Him? 	<p>Mind Map Or Flow Chart Or Cause and Effect</p> <p>End with a meal of Intention</p>

