

LECTIO DIVINA

HOW WE GROW: INVITATION FOR THE WEEK

The goal of the practice is to read and listen. What is this text saying? Is there an invitation in this text? Is there a connection to your life circumstances?

During this practice, you will read through a passage of Scripture three different times, meditating on its connection to your life and circumstances.

There are five steps to this meditation practice:

1. **Step 1 – Silencio** – This is the space for quiet preparation and breath. It is similar to our experience with the practice of Examen. Let's begin with our breathe and posture. Sit in a comfortable spot with feet firmly planted on the ground. Notice your breathing. As you breath, imagine you are breathing in the very breath of God. As you breath out, imagine you are releasing any stress, anxiety, nervousness, fear, and insecurity.
2. **Step 2 – Lectio** - The first step is called "Lectio," or "Reading." This is where you sit down, and slowly and reflectively read a passage of scripture. This can be any passage of Scripture you'd like. Listen to one word or phrase that the Spirit has given you. Don't be critical or judgmental of the word. Be open to what God is speaking.
3. **Step 3 – Meditatio** - Begin by rereading the passage of Scripture and then "reflect" on it. Allow it to sink deep into the depths of your being. Allow the Spirit to bring to your mind and heart an experience or issue that you are facing right now that seems to connect with your word or phrase. Don't force it. Allow it to emerge.
4. **Step 4 – Oratio** -The next step is our "response" to the first two steps. As you reread once again as the question, "Is God inviting you to do or be something in the next few days?" Listen for an invitation.
5. **Step 5 – Contemplatio** - This final step is an opportunity to enjoy the presence of God, and allow the words you have read and meditated on transform you from the inside out. How can this passage affect the way you see the world and affect how you live everyday?

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MAYFAIR CHURCH OF CHRIST

IMAGINATIVE READING

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Jesus, God with us, engages our imagination. Curt Thompson writes, “In Jesus, God comes not simply to be in the same room, but rather to walk right up to us, look us in the eye, touch us on the shoulder, and speak our names out loud, smile, and share a drink with us, all the while engaging, persuading, challenging, inviting, convicting, and empowering each of us, loving us into new creation. And in the process, our neural networks are changed.”

We’re going to engage our imagination in this new practice called imaginative reading. This is a new way that you can engage your senses and your imagination. I’m going to read through a text a couple of times. The goal is for you to experience the text in new and fresh ways. Read through it slowly, and after the second reading, As you read, try to imaginatively enter the event of the text using all your senses—sight, hearing, touch, and smell.

YOU CAN FIND A GUIDED MEDITATION VIDEO FOR THIS IMAGINATIVE READING PRACTICE AND FOR MULTIPLE LECTIO DIVINA PASSAGES ON OUR YOUTUBE PAGE AND AT [MAYFAIR.ORG/SPIRITUALDISCIPLINES](https://www.mayfair.org/spiritualdisciplines).

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