

Lectio Divina

Adapted from <http://www.e-benedictine.com/lectio-divina/>



Ask for the help of the Holy Spirit to open the scriptures up to you.

Read the passage of the bible slowly a few times, take notice on the words and give this your full attention. It can be helpful to choose one of the gospels and slowly work your way through it, one short passage per day.

Meditate on the passage. What is God communicating through this? Do any words or phrases stand out to you?

Respond to God in prayer.

Contemplate – What is the Lord asking of me?

Whatever approach you use, whether one from this brochure or one of your own, our aim as a community is to sit with God for at least ten intentional minutes each day for this season.

“Teach me your way, Lord,
that I may rely on your
faithfulness;
Give me an undivided heart,
that I may fear your name.
I will praise you, Lord my God,
with all my heart;
I will glorify your name forever.
For great is your love towards
me;”
Psalm 86: 11- 13



You Are Invited

“My beloved spoke and said to me, arise, my darling, my beautiful one come with me. See the winter is past, the rains are over and gone. Flowers appear on the earth, the season of singing has come”
Songs of Solomon 2:10-12



The Path to Pentecost

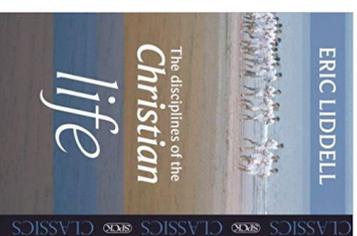
April 28th to June 9th

Six weeks - Forty-two days

“If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts but one body.”
1 Corinthians 12: 17-20

We are different but equally loved and equally valued.

Here is an invitation to spend ten intentional minutes a day with God for this season. We are all different so we are suggesting different approaches for you to use. You may find once you start you want to go for more than ten minutes, either way we pray you're blessed by this journey.



Eric Liddell

Famous Olympian and Missionary practiced the following:

Be Still: Take time to realize that you are in the presence of God.

Reflect on what you're thankful for today and thank God for all of these things and for Christ.

Accept God into your life today: search for ways you may have failed him and ask for forgiveness and release in Christ. Go on in his strength.

In the light of God's deep love for you and others consider what responsibilities for people and situations God might want you to take on. Make notes on this in your journal. Pray into these things.

What new message has God for you from the bible today?

Be alert to pass on any message of encouragement to others. Pray 'thy kingdom come' and consider how you might be part of that answer to prayer.

This is a version of the five-step **Daily Examen** that Ignatius practiced. (Adapted from www.ignatianspirituality.com/ignatian-prayer/the-examen)

1. **Become aware of God's presence.** How did you see God at work today?
2. **Review the day with gratitude.** Focus on the day's gifts. Thank God for the work you did, the people you met, the food you ate etc.
3. **Pay attention to the emotions you felt during the day.** God may show you some ways that you fell short. Also look deeply for other implications. Are you concerned about a friend? Perhaps you should reach out to them.
4. **Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. Allow the prayer to arise spontaneously—whether intercession, praise, repentance, or gratitude.
5. **Look toward tomorrow.** Pay attention to the feelings that surface as you survey what's coming up. Allow these feelings to turn into prayer.

