

Deepening Our Faith Journey

Week #3: September 27, 2015

Let's continue to use the first two spiritual exercises we've learned about in the coming week.

*Letting Creation inform your prayer life.

Be more observant of nature around you this week. If the universe is God's self-expression, what does a leaf tell you about God? A rainstorm? Your pet? Let that observation inform your prayer life, what you thank God for, how you can praise God as the Designer, how to pray for others.

*The meditative reading of Scripture (lectio divina, divine reading)

For those of us familiar with traditional Bible study, this takes some "unlearning!" In this practice, we are not analyzing Scripture, but listening for God's voice spoken directly to us. Again, here is a process for meditative use of Scripture:

Read the Word

Be aware of words, phrases, images that "shine" for you

Ponder the Word

Stay with that word, phrase, or image. Why do you think it shines for you? How does this Word connect with your life?

Pray the Word

Talk to God about it. Be aware of what God is telling you.

Rest in the Word

Be silent, and rest in God's presence. Express to God what you have experienced and how you feel.

Live the Word

What is God through the Word calling you to be, do, or become?

This Week's Daily Readings

(to try lectio divina with these readings, you only want to focus on a portion that "shines" for you)

Sunday, Genesis 32:22-31

Monday, Genesis 32:3-21

Tuesday, Genesis 33:1-20

Wednesday, Genesis 37:1-11

Thursday, Genesis 37:12-36

Friday, Genesis 41:37-57

Saturday, Genesis 50:14-26