



Together exploring:

- practical ways to meet with God
- slowing down enough to make space and time to meet Him
- recognising Him and what He is doing around you and in your life

Deliberately no scripture used last time

- you may not know the Bible too well
- you may not believe the Bible is God's word
- didn't want that to be a barrier
- wanted to give everyone the chance to slow and seek God
- everyone to give God a chance to reveal Himself

Lots of you said that you did experience something of God

- can't quite put your finger on it though

Others weren't sure, but really appreciated the time and space to try

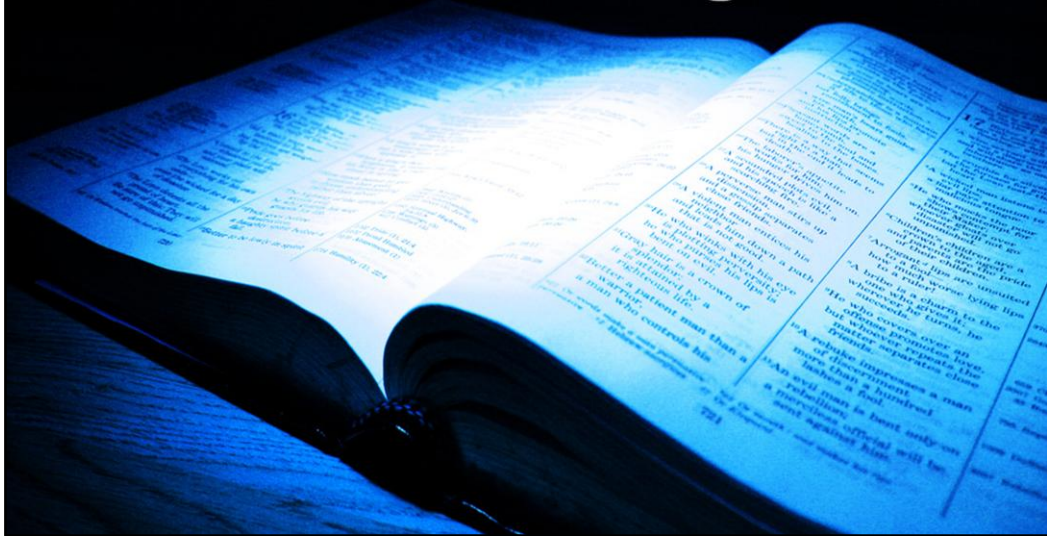
- giving God the opportunity to "show up"

I believe God is present here this evening too, and pray that He reveals Himself to those who seek Him.

- "Blessed are those who seek God with their whole heart." – The Psalmist

Lectio Divina

Sacred Reading



Lectio Divina

- Holy Reading/Sacred Reading
 - * reading the Bible with no agenda
 - * not reading for entertainment or information
 - * expectant, waiting for a revelation from God
 - * a dynamic revelation of God to you
 - not necessarily something huge and life-changing (run away and join the circus)
 - but something significant:
 - + about the nature of God
 - + a direct challenge to you
 - + freedom from guilt
- * involves reading a short passage a number of times
 - allowing it to wash over you
 - hearing it read by different people
 - reading it for yourself
- * turn off phones - not silent or vibrate
 - if we're serious about this, we don't want any distractions

Lectio

Reading

- Slow, deliberate reading
- Imagine yourself sitting before God
 - Listening intently to the words He speaks
- A word or phrase might grab your attention



Lectio = Reading

- * slow, deliberate reading of the passage
 - not scanning it quickly
 - not trying to understand it
- * imagine yourself sitting before God
 - listening intently to the words
 - not shifting in your place, just still
 - paying complete attention
- * certain word or phrase might rise up and grab you
 - seem more important than the rest
 - don't worry if it doesn't make sense to you straight away

Meditatio

Meditation

- What stands out as important?
 - No right or wrong answer
- What emotions do you sense as you read?
- Same text for all, different feelings



Meditatio = Meditation/Thinking about/Pondering

- * what stands out as important in the text?
 - values, deep meaning (justice, mercy, love)
 - remember there's no right answer - no wrong answer
- * what feelings and emotions do you sense as you read/hear it?
 - joy, sorrow, pain, comfort
- * same text, different feelings for each of us
 - our circumstances, our feelings, our relationship with God all play a part

Oratio

Prayer

- Ask for illumination
 - Understanding of what's been highlighted
 - See the meaning of the thought/feeling
 - Why has this word/emotion been strong
- What does God want you to understand?



Oratio = Prayer, conversation with God

- * ask for illumination, understanding of what's been highlighted to you
 - see the meaning of the text, thought, feeling
 - why has this word, emotion, thought been strongest for me?
- * what does God want you to understand/know through this?

Contemplatio

Contemplation

- Think through what you've experienced
 - What has God been saying to you?
 - What is His challenge to you?
 - What does He want you to know as truth?
 - What does He want you to do?



Contemplatio = Contemplate, look at attentively

- * think through what has gone before
- * what has God been saying to you?
- * what is God's challenge to you?
- * what does He want you to know as truth?
- * what does He want you to do?

Silence...

**Be still,
and know
that
I am God**
Psalm 46:10

Be still and know that I am God. - Psalm 46:10

Prayer...

**Hear my prayer, O God;
listen to the words
of my mouth.**

Psalm 54:2

Hear my prayer, O God; listen to the words of my mouth. – Psalm 54:2

Breathing...

**Then Jesus breathed on them
and said,
“receive the Holy Spirit.”**

John 20:22

The Holy Spirit – Ruach, breath of God

Silence...

**Jesus said to them,
"Come with me by yourselves to a
quiet place and get some rest."**

Mark 6:31

Jesus said to them, "Come with me by yourselves to a quiet place and get some rest". – Mark 6:31

Jesus, in perfect community with God the Father, regularly withdrew to a quiet place to be with God.

Lectio

Reading

Meditatio

Meditation

Oratio

Prayer

Contemplatio

Contemplation

Silence...