

Week 3: Lectio Divina (Divine Reading)

The four Lectio Divina “moments” flow in and out of each other according to the inspiration of the Spirit. We will read the passage three times in three different voices. Following each reading will be a minute or so of silence to reflect on the questions below. You may want to jot down a brief note in your journal about what God is saying to you.

- 1st reading - What word or phrase stirs my heart?
- 2nd reading - What is the word or phrase saying to me?
- 3rd reading - How is God inviting me to pray, to grow and change?

READING – Matthew 4:1-11 (CEB)

¹ Then the Spirit led Jesus up into the wilderness so that the devil might tempt him. ² After Jesus had fasted for forty days and forty nights, he was starving. ³ The tempter came to him and said, “Since you are God’s Son, command these stones to become bread.”

⁴ Jesus replied, “It’s written, *People won’t live only by bread, but by every word spoken by God.*”

⁵ After that the devil brought him into the holy city and stood him at the highest point of the temple. He said to him, ⁶ “Since you are God’s Son, throw yourself down; for it is written, *I will command my angels concerning you, and they will take you up in their hands so that you won’t hit your foot on a stone.*”

⁷ Jesus replied, “Again it’s written, *Don’t test the Lord your God.*”

⁸ Then the devil brought him to a very high mountain and showed him all the kingdoms of the world and their glory. ⁹ He said, “I’ll give you all these if you bow down and worship me.”

¹⁰ Jesus responded, “Go away, Satan, because it’s written, *You will worship the Lord your God and serve only him.*” ¹¹ The devil left him, and angels came and took care of him.

REST in God beyond thoughts. Take a moment to be still and breathe deeply in God’s presence with you.

RESOLVE: As you emerge from this place of personal encounter with God to life in the company of others, resolve to carry this word with you and to live it out in the context of daily life and activity.

Week 3: Being Formed

1. When do you notice your attempts to control people, situations, and outcomes?
2. Where do you see the “desire to control” manifesting itself in your spiritual life? Remember, the purpose of noticing these places is not for judgment, but to move toward greater surrender to God.
3. How do the temptations of Jesus mirror our own temptations and what does Jesus’ example teach us about our own life?
4. The spiritual life is a “journey of learning to yield ourselves to God and discovering where God will take us.” Where do you sense God inviting you to give up control and yield to God’s transforming work?
5. What is the deeper desire or fear underneath the desire to control and what happens when you are in touch with that?
6. What else stood out to you from this week’s reading?

Next Steps

What is one specific way I will respond to God’s invitation for me this week?

For Next Week

1. Read Chapter 3 & 4: The Image of Christ & For the Sake of Others
2. Practice a simple prayer of examen each night or each morning and reflect on the experience. See pp. 52-53.