

Week 4: 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 – Ephesians 1:3-6 (CEB)

³ Bless the God and Father of our Lord Jesus Christ! He has blessed us in Christ with every spiritual blessing that comes from heaven. ⁴ God chose us in Christ to be holy and blameless in God’s presence before the creation of the world. ⁵ God destined us to be his adopted children through Jesus Christ because of his love. This was according to his goodwill and plan ⁶ and to honor his glorious grace that he has given to us freely through the Son whom he loves.

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 4: The Image of Christ for the Sake of Others

1. Describe a recent moment when you felt like you were most yourself. When do you most find your life “characterized by compassion, love, and forgiveness, extending the healing, liberating, transforming touch of God’s grace in our world?”
2. The most profound yearning of the human spirit is for our completeness in the image of Christ. How, when, and where do you experience this yearning in your own life? What “inadequate substitutes” have you used to try to fulfill these yearnings?
3. The first step in the process of spiritual formation is confronting our places of unlikeness to the image of Christ and saying yes to God’s transforming work in those places of our lives. What points of unlikeness are you most aware of and how will you respond to God’s transforming work in those areas?
4. How are you releasing yourself to God at each point of unlikeness to Christ? What spiritual disciplines or practices are you building as a means of receiving and experiencing God’s transforming grace?
5. The image of Christ is the image of One who gave himself totally, completely, absolutely, unconditionally for others. How is this consistent (or not) with the way God’s Spirit is moving you these days?
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 Part 2 Intro and Chapter 5: Creation Gifts
2. Using the process on pp. 66-68, take some time to reflect on or perhaps even discover your own creation gifts. Give thanks for those gifts and consider how you might celebrate and learn from someone else who may have different gifts than yours.