

## Week 5: 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.

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

READING – Romans 12:3-10 (CEB)

<sup>3</sup> Because of the grace that God gave me, I can say to each one of you: don't think of yourself more highly than you ought to think. Instead, be reasonable since God has measured out a portion of faith to each one of you. <sup>4</sup> We have many parts in one body, but the parts don't all have the same function. <sup>5</sup> In the same way, though there are many of us, we are one body in Christ, and individually we belong to each other. <sup>6</sup> We have different gifts that are consistent with God's grace that has been given to us. If your gift is prophecy, you should prophesy in proportion to your faith. <sup>7</sup> If your gift is service, devote yourself to serving. If your gift is teaching, devote yourself to teaching. <sup>8</sup> If your gift is encouragement, devote yourself to encouraging. The one giving should do it with no strings attached. The leader should lead with passion. The one showing mercy should be cheerful.

<sup>9</sup> Love should be shown without pretending. Hate evil and hold on to what is good. <sup>10</sup> Love each other like the members of your family. Be the best at showing honor to each other.

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 5: Creation Gifts

1. How well do you feel you know yourself and what opportunities have most helped you cultivate this self-knowledge?
2. How do you respond to the idea that spiritual formation must integrate both the psychological and the spiritual aspects of the person? Have you ever suffered from the inadequacy of trying to address a psychological issue with a spiritual answer or a spiritual issue with a psychological approach?
3. In your experience, how do both psychology and spirituality work together as a means of grace through which God forms us in the image of Christ?
4. How do you understand and how have you experienced the role of the community of faith as a means of grace for your spiritual life?
5. In what ways have you experienced your personality as a gift and when do you struggle with parts of your personality? How do you feel in times when you have to live out of gifts that do not come as naturally to you? What is your tendency when relating with people who have very different gifts, personalities, or styles?
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 Chapters 6 & 7: One-Sided Spirituality & Holistic Spirituality
2. Set aside some time to reflect on the aspects of your personality that may be underdeveloped and how God might be inviting you to a more holistic spiritual life. See pp. 86-87.
3. Optional: Another great resource for exploring spiritual practices directly connected with your personality and creation gifts is *Your Personality and the Spiritual Life*, by: Reginald Johnson. Available on Amazon in Paperback or Kindle.