

Week 6: 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 – 1 Thessalonians 5:14-24 (NIV)

¹⁴We urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone. ¹⁵Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else.

¹⁶Rejoice always, ¹⁷pray continually, ¹⁸give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

¹⁹Do not quench the Spirit. ²⁰Do not treat prophecies with contempt ²¹but test them all; hold on to what is good, ²²reject every kind of evil.

²³May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴The one who calls you is faithful, and he will do it.

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 6: One-Sided Spirituality & Holistic Spirituality

1. What happens when some part of your physical body is undernourished or uncared for? How do you respond to the idea that parts of your personality can be undernourished as well? How have you experienced this in your own life?
2. Using Tables 1 & 2 (pp. 79 & 82), what practices do you most need for wholeness based on your personality preferences? How are you incorporating these practices or how will you begin incorporating them?
3. How does this discussion of holistic spirituality shed light on any habitual sin or place where you feel you have fallen short in your spiritual life? How might incorporating more holistic practices help in your spiritual formation and allow God to help you overcome these shortcomings?
4. What preferences do you feel are overdeveloped or underdeveloped in your own personality right now? Based on this awareness, what do you feel God inviting you to do? How will you say yes to God's invitation to live into your "whole self" more fully?
5. Which of the personality preferences described does your community of faith most cater to? What seems to be left out? How can your community of faith be more holistic in what is offered corporately for spiritual growth?
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 3 Intro & Chapter 8: The Classical Christian Pilgrimage
2. Look back over your own spiritual journey and see what stages of the Christian Pilgrimage you can identify. You might want to use these stages to further develop the spiritual history you began in week 1. See pp. 117-118.